

# CIRCUS NEXUS LOOK BOOK

**A visual introduction to our circus workshops**

PREPARED BY CIRCUS NEXUS & CLOCKTOWER  
CENTRE  
FOR LOCATION CLOCKTOWER CENTRE  
PASCOE ROOM

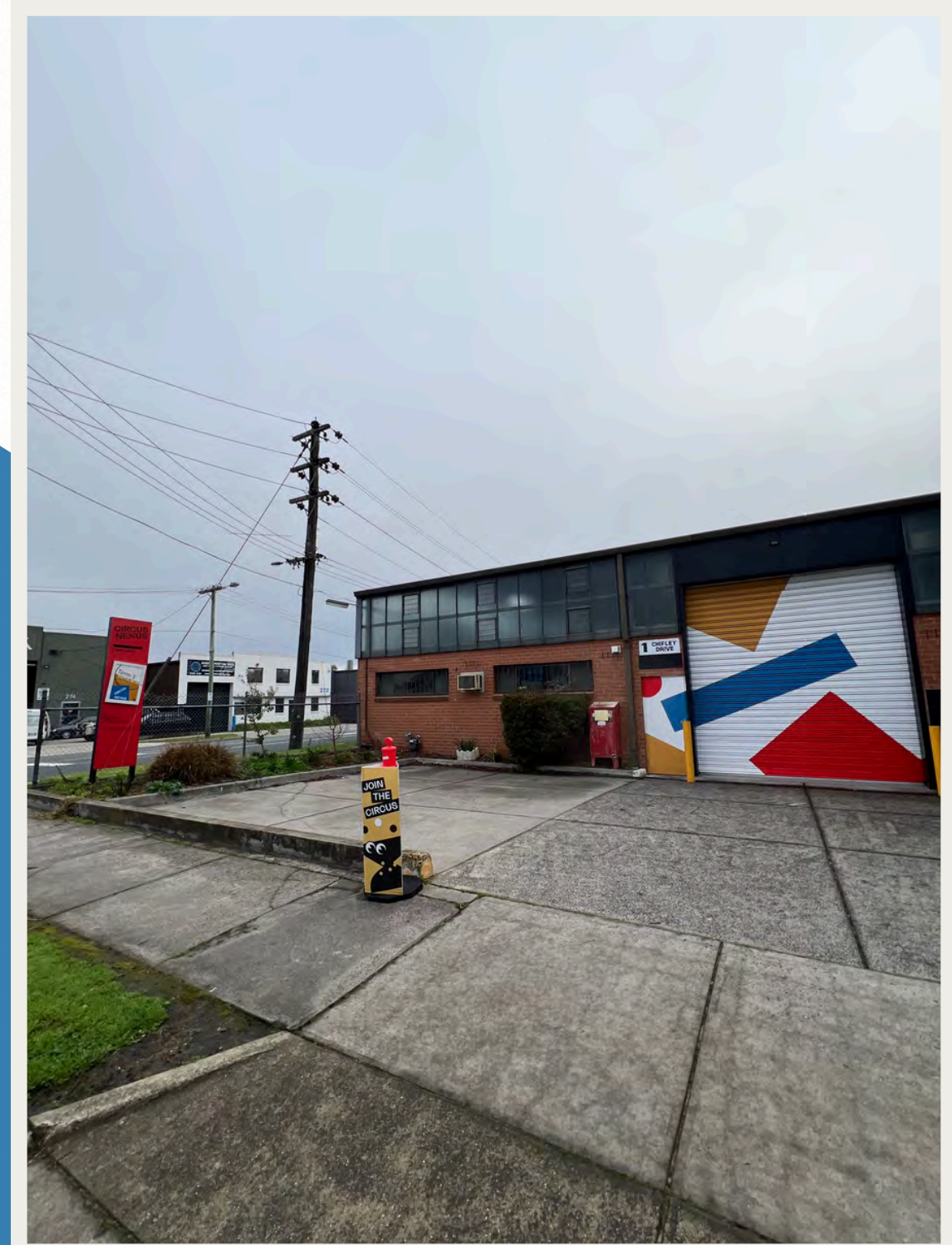


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# CIRCUS RULES

**It is important that we follow the rules so that we stay safe and have a good time.**

**At Circus Nexus, we:**

- 1. Have fun**
- 2. Stay off the floor and not use the equipment until a trainer is with you**
- 3. Listen to the trainers**
- 4. Be safe with each other, ourselves, with equipment, and the space**
- 5. Respect yourself, the trainers, each other, the equipment, and the space**
- 6. Wait in the waiting area**
- 7. Take shoes off before class**





# WHAT WE WEAR

**Hair tied back,  
if it is long**

**Bare feet or grip socks**

**Loose and comfortable  
clothes**



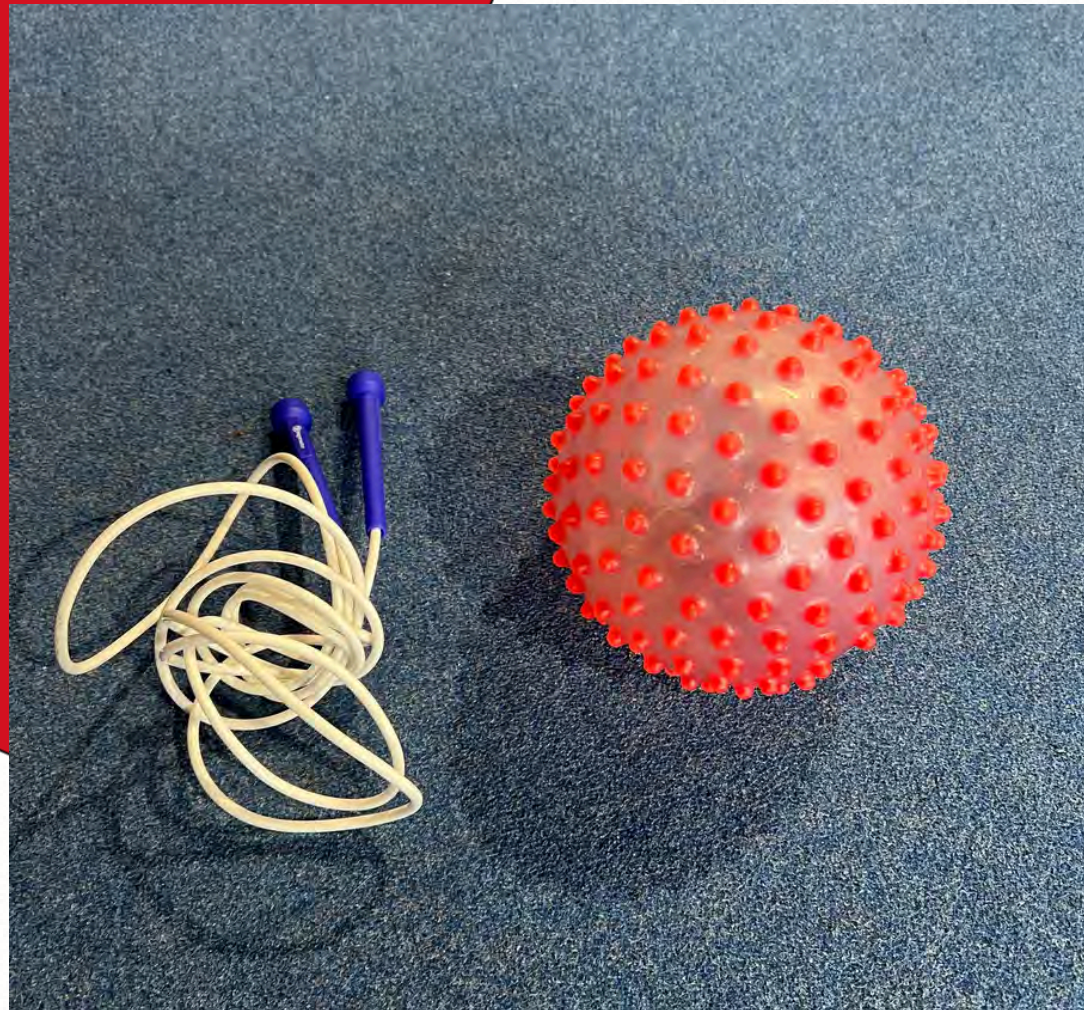
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# OBJECTS WE USE AT THE CIRCUS

**Warm up activities  
might use:**



**Tumbling activities might use:**



**Minitramp**



**Tumbling  
Blocks**



**Big mats**



**Manipulation activities, like juggling, might use:**



**Juggling balls**



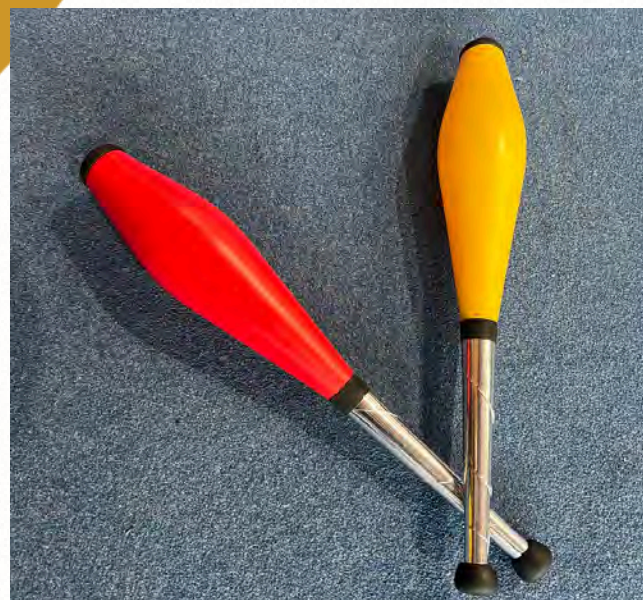
**Juggling scarves**



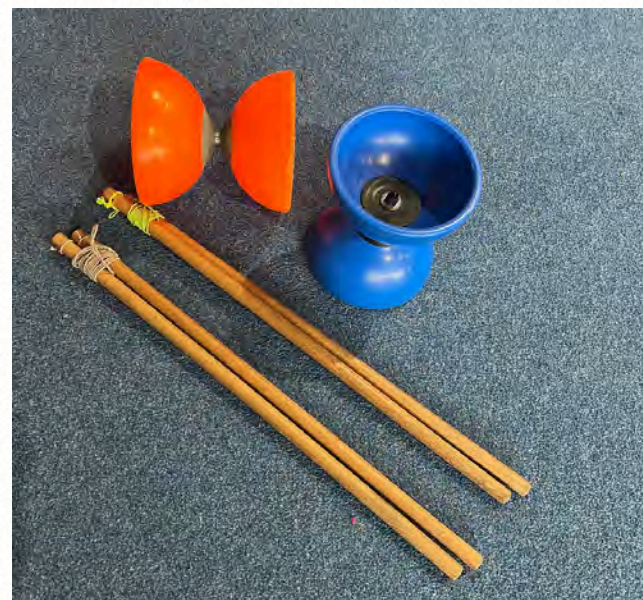
**Hula hoops**



**Juggling rings**



**Juggling clubs**



**Diablo**



**Flower sticks**



**Spinning plates**



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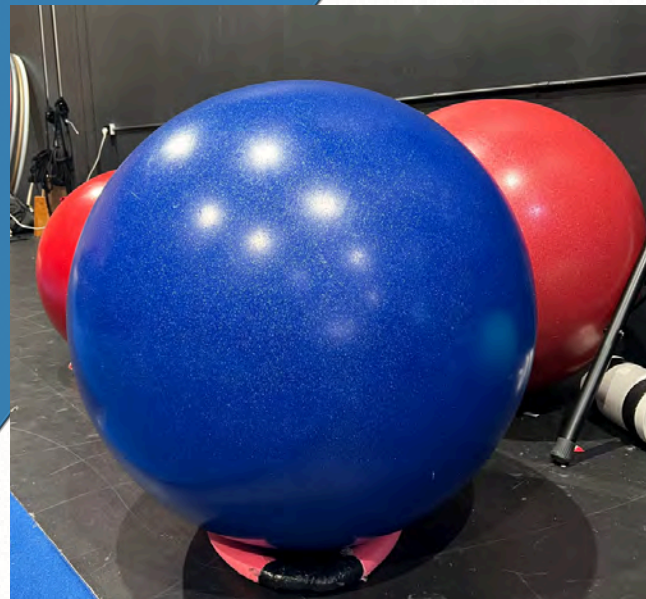
**Balance activities, like tightrope, might use:**



**Tightrope**



**Rola Bola**



**Walking globe**



**Unicycle**

**Sometimes we also  
balance using  
other people.  
This is called  
acrobalance.**





# **Hope you enjoyed the Circus Nexus Look Book**

**We can't wait to welcome you to the Clocktower  
Centre and get our Circus on!**

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