

# CELEBRATE YOUR NEXT EVENT BY RUNNING AWAY WITH THE CIRCUS!



**BIRTHDAYS • TEAM BUILDING • BAR/BAT MITZVAHS  
SPECIAL EVENTS • OCCASIONS • BACHELORETTES & STAG PARTIES**

**THE FOLLOWING ACTIVITIES ARE AVAILABLE TO CHOOSE FROM, OR  
COMBINE A NUMBER OF ACTIVITIES FOR A CUSTOM EVENT THAT'S SURE TO PLEASE!**

## **FLYING TRAPEZE**

The flying trapeze is a specific form of the trapeze which involves taking off from a platform with a trapeze bar allowing gravity to create a swing. With traditional flying trapeze, like here at the Toronto School of Circus Arts, flyers mount a platform and take off on a fly bar. The flyer then performs one of many aerial tricks, and is caught by the catcher, who is swinging from a separate catch bar. Once in the catcher's hands, the flyer continues to swing, and finally executes a return to the fly bar in a maneuver called a "return" and ultimately back to the platform.

## **MINI TRAMPOLINE**

A mini-trampoline is smaller than a regulation competition trampoline. The gymnasts run up and jump on to the trampoline before dismounting on to a mat.

## **JUGGLING**

Juggling is a skill involving moving objects for entertainment or sport. The most recognizable form of juggling is toss juggling, in which the juggler throws objects up to catch and toss up again. Jugglers often refer to the objects they juggle as props. The most common props are balls or beanbags, rings, clubs, and special bounce balls.

## **ACROBATICS**

Acrobatics is the performance of feats of balance, agility and motor coordination all packaged into various tumbling skills. It can be found in many of the performing arts, as well as many sports. Acrobatics is most often associated with activities that make extensive use of gymnastic elements, such as acro dance, circus, and gymnastics, but many other athletic activities- such as ballet and diving - may also employ acrobatics.

## **STATIC TRAPEZE**

Static trapeze, also known as fixed trapeze, is a type of aerial art performed on a specific trapeze. It can be performed by a single aerialist or two partners (also known as double trapeze) working together. A single aerialist will do tricks above and below the bar with the ropes playing just as important a part as the bar. A partner act will involve the partners working together supporting each other's weight, throwing, lifting and catching each other.

## **HOOP**

The hoop (also known as the lyra, aerial ring or cerceau) is a circular steel apparatus (resembling a hula hoop) suspended from the ceiling, on which circus aerialists perform aerial acrobatics. It can be used static, spinning, or swinging.