



# Suzy Spindoll

## HULA HOOPS AND CIRCUS

Suzy is a multi disciplinary artist who dedicates her talents to teaching youth and adults a variety of circus skills and facilitating the importance of play in every person's life. By working with organisations such as local councils, community organisations and schools, Suzy is able to share youth and social circus with numerous communities. She has a history in Community Arts working with Bizircus, Ran Dan Club and WA Street Arts. Suzy provides classes and workshops in the Central West NSW, Blue Mountains and Greater Sydney areas as well as online. She is currently completing her level 2 qualification as a Hoop Yoga trainer.

## SPECIALIZATIONS

- Hula Hoops
- Juggling and Ground Circus Skills
- All Abilities Circus
- Community Arts and Theatre
- Circus Games and Entertainment
- Fitness

## MY INTERESTS

- Social circus
- Object manipulation
- Clowning
- Aerial Circus
- Yoga
- Belly dance
- Hoop craft
- Performance

## WORK HISTORY

### Circus trainer

CIRCUS AKIMBO 2018 TO 2020

- Teach youth and adults circus ground skills including: acrobalance, contact juggling, hula hoops, diabolo, devil sticks, plate spinning, contortion, poi, object manipulation and balancing, rola bola, unicycle, stilts, ball and club juggling.
- Teach general circus skills in a party setting

### Circus entertainer and trainer

SUZY SPINDOLL'S SCHOOL OF HOOPING  
2017 TO PRESENT

- Teach adult hula hoop fitness and dance classes
- Teach youth and adults circus classes
- Provide entertainment for workshops and events
- Clients:

Travel HQ

Chatswood Westfield

Blue Mountains City Council

Mission Australia Housing

Mountains Outreach Community Services

Lithgow Cares

NSW Department of Family and Community Services

Katoomba Out of School Hours Service

Blackheath Out of School Hours Service

Blue Mountains Makers

Blue Mountains Homeschool Association

Blackheath Area Neighbourhood Centre

Lithgow Community Projects Inc.

Mt Victoria Public School

Blue Mountains Home School Group

Blue Mountains Music Festival

Connect Child and Family Services

Winter Magic Festival,

Penrith City Council

Wentworth Falls Public School

Valley Heights Locomotive Depot Heritage Museum

Blue Mountains Organic Community Gardens

Thrive Services

## TRAINING

### TAFE WSI

CERTIFICATE 3 IN EDUCATION SUPPORT 2019

- Provide behavioural, academic and general support for students with special needs.

### TAFE WSI

CERTIFICATE 4 IN FITNESS 2019

- The delivery & planning of physical fitness programs for youth, adults and special needs groups
- Designing fitness plans for individuals

### HOOPLOVERS

LITTLE CIRCLES CHILDREN'S HULA HOOP TEACHING 2019

- Hula hoop based entertainment and games for youth

HOOP LOVE COACH TRAINING 2017

- The delivery and planning of hula hoop fitness and dance for all ages

### HOOPYOGINI

HOOP YOGA LEVEL 1 TRAINER 2020