

Mel Grogan

Suzy Spindoll's Circus Arts

CIRCUS ARTIST+TRAINER+AERIALIST+PERFORMER



I am a multi disciplinary artist that dedicates my talents to teaching youth and adults a variety of circus arts skills and facilitating the importance of play in every person's life. By working with organisations such as local councils, community organisations and schools, I am able to share youth and social circus with numerous communities. I have worked with Bizircus, Ran Dan Club, Circus Akimbo, Zany Yare, Bah Hah circus, Circus Monoxide and WA Street Arts. I provide entertainment and workshops in rural NSW and Greater Sydney as well as online. I am a qualified circus, aerials, gymnastics, tumbling, acro, parkour and kindergym coach and registered yoga teacher and personal trainer.

SPECIALISATIONS

- Fire performance
- Silks (Tissu/Fabric)
- Lyra
- Sling (Hammock/Loop)
- Static Trapeze
- Corde Lisse
- Hula Hoops
- Juggling and Manipulation Circus Skills
- Choreography
- Event Entertainment
- Hoop Yoga
- Face painting
- Balloon twisting

MY INTERESTS

- Social circus
- Object manipulation
- Clowning
- Yoga
- Dance and Movement therapy
- Hoop craft
- Performance & Theatre
- Acrobalance

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CIRCUS ARTS TEACHER

2018 TO 2020 - CIRCUS AKIMBO

2025 - CB STUDIOS

2025 - HOUSE OF CIRQUE

2025 - ELEVATE PERFORMING ARTS

2021 TO 2026 - PCYC NSW

2017 TO CURRENT - REGULAR PRIVATE CLASSES

2025 TO CURRENT - BLUEBIRD DIVERSE MOVEMENT

2025 TO CURRENT - CIRCUS MONOXIDE

- Teach circus skills : acrobalance, tumbling, hula hoops, diablo, devil sticks, plate spinning, contortion, poi, object manipulation & balancing, rola bola, unicycle, stilts, staff, scarf, ball, ring, contact & club juggling, clowning, balloon twisting, rhythmic gymnastics
- Teach hula hoop fitness and hoop dance
- Teach aerial circus skills : lyra, silks, sling, corde lisse and static trapeze
- Teach choreography and direct shows
- Teach gymnastics skills

INCURSIONS, WORKSHOPS, PERFORMANCE, CHOREOGRAPHY - 2012 TO PRESENT

ABCD Inc.

Aerialize

Bah-Hah Circus

Barnardos

Blackheath Area Neighbourhood Centre

Blackheath Out of School Hours Service

Blackheath Rhododendron Festival

Blayney Council

Blue Mountains City Council

Blue Mountains Flavours Festival

Blue Mountains Homeschool Association

Blue Mountains Makers

Blue Mountains Music Festival

Blue Mountains Organic Community Gardens

Broken Banjo Productions

Camp Australia

Camp Quality

Cathedral Out of School Hours Care

Centacare Central West & Orana

Chatswood Westfield

Connect Child and Family Services

Faulconbridge Twilight Markets

Funfit

Hornsby Council

Katoomba Out of School Hours Service

Kookaburra Kids

Lithgow Community Projects Inc.

Lithgow Cares

Lithgow City Council

Lithgow OHSC

Mikayla Children's Centre

Mission Australia Housing

Mountains Outreach Community Services

Mt Victoria Public School

Newbridge Winter Solstice

Northmead Creative and Performing Arts School

NSW Department of Family and Community Services

Oberon Royal Show

Orange City Council

Penrith City Council

Skills & Thrills

Sydney Trapeze School

Roam Festival

Tanderra Vacation Care

The Booking Crew

The Clown Institute

The Kidz Party Company

Thrive Services

Travel HQ

Triple Treat Promotions

Valley Heights Locomotive Depot Heritage Museum

Waverley Council

Winter Magic Festival.

Wentworth Falls ArtFest

Zany Yare Youth Circus

Zig Zag Railway Co-op Ltd

TRAINING

AERIALIZE SYDNEY AERIAL THEATRE

CIRCUS STUDENT 2012-2015

SYDNEY TRAPEZE SCHOOL

CIRCUS STUDENT AND PERFORMER 2012 & 2025

HOOPY HAPPENINGS RETREAT

ATTENDEE AND PERFORMER 2014 & 2019

ZANY YARE YOUTH CIRCUS

CIRCUS STUDENT AND PERFORMER 2019-CURRENT

TAFE WSI

CERTIFICATE 4 IN FITNESS 2019

HOOPLOVERS

LITTLE CIRCLES CHILDREN'S HULA HOOP TEACHING 2019

HOOP LOVE COACH TRAINING 2017

HOOPYOGINI

HOOP YOGA LEVEL 2A TRAINER 2021

GLOBE FIT

ADULT AND CHILDREN'S HULA HOOP INSTRUCTOR 2021

SPIN CITY AERIAL FITNESS

DOUBLE POINT HOOP INSTRUCTOR 2024

WORKING IN THE HITCH (SILKS) 2024

SHOULDER STRENGTH AND STABILITY (AERIALS) 2024

BEGINNER SILKS INSTRUCTOR 2025

GYMNASTICS AUSTRALIA

FREE G INTERMEDIATE 2022

GYMNASTICS FOR ALL INTERMEDIATE 2022

TUMBLING INTERMEDIATE 2022

KINDERGYM INTERMEDIATE 2024

ACRO INTERMEDIATE 2025

RHYTHMIC GYMNASTICS INTERMEDIATE 2026

THE CLOWN INSTITUTE

CLOWN CAMP 2025 ATTENDEE AND PERFORMER

BOUFFON LAB 2026

FINDING YOUR FOOL 2026