

AERIAL ARTISTRY® Gold Coast

CLASS DESCRIPTIONS AND DETAILS

YOUTH, TWEEN & TEEN CLASSES (Ages 4-16)

YOUTH AERIAL CIRCUS (4-8 yrs)

A mixed aerial class including aerial silks, aerial hoop, trapeze and more! No experience required!

INTRO TO AERIALS for Beginners (9-16 yrs)

The perfect class for children to start learning the basic skills and tricks on Aerial Silks, Aerial Hoop and Trapeze. Whilst also building up their strength, flexibility and fitness. If you're child has never done any aerials previously, this is the class for them!

TWEEN/TEEN BEG-INTER MIXED AERIALS (9-16 yrs)

This Mixed Aerials class is suitable for absolute beginners as well as intermediate level students.

It is split into appropriate groups to suit the levels. Involves aerial silks, lyra, trapeze, sloops plus doubles & triples/group work.

TWEEN/TEEN INTERMEDIATE MIXED AERIALS (9-16 yrs)

Must have completed a minimum of one, ten week term of Intro to Aerials or Mixed Aerials for Beginners with Aerial Artistry (or the equivalent at another school).

Involves aerial silks, lyra, trapeze plus doubles & triples/group work.

EXCEL AERIALS (8-16 yrs)

Our Advanced Youth aerial class. Must have extensive aerial experience and meet the appropriate strength/skills guidelines, to take part in this class.

A2 TEEN/TWEEN SOLO & DUO LYRA (9-16 yrs)

For high intermediate to advanced level Youth/Teen students with previous experience on Lyra (Aerial Hoop)

All students are invited to perform in our half yearly and end of year showcases, upon successfully completing their 10 week term training.

Please contact our admin team, if you are unsure of which class/level is suited to your child. e. admin@aerialartistry.com.au p. (07) 5571 2615

ADULT CLASSES (Age 17+)

BEGINNER SILKS - Learn the basic skills and a mini routine in our 10 week, beginner Aerial Silks course! No experience necessary.

BEGINNER LYRA (Aerial Hoop) - Learn the basic skills and a mini routine in our 10 week, beginner Lyra course! No experience necessary.

6 WEEK INTRO TO AERIALS - Learn the basics of Aerial Silks and Aerial Hoop (lyra) in our 6 week, introductory course. No experience necessary. This class is a great way to get a taste of both Silks & Lyra, if you are unsure of which class you'd like to do! (Please refer to current timetable as these classes are run by demand)

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Mini routines are learnt in Term's 1 & 3, with full routines being learnt in Term's 2 & 4 for our half yearly and end of year showcases. All students who have taken part and successfully completed a 10 week training program, are invited to perform at our showcases.

Once you have successfully completed our Beginner Level classes, you can start moving through our comprehensive, structured levels!

You will learn a variety of new skills, appropriate to your level. As well as improving and increasing your aerial strength, fitness and flexibility!

ADULT SILKS LEVELS:

Silks Prep 1

Silks Prep 2

Silks Level 1 (formerly P1)

Silks Level 2 (formerly P2)

Silks Level 3 (formerly P3)

Silks Level 4 (formerly P4)

ADULT LYRA LEVELS:

Lyra Level 1

Lyra Level 2

Lyra Level 3

FITNESS, STRENGTH & FLEXIBILITY CLASSES:

The following classes are available as a 10 week term enrollment or casual classes. They are a great addition to your Silks/Lyra classes to help you increase your strength, flexibility and fitness!

Rony's ASP:

ASP is a popular aerial fitness class, run by Aerial Artistry's owner/director; Rony. Rony is a qualified personal trainer and fitness instructor and has been in the fitness industry for over 16 years. She combines her knowledge and experience from the fitness industry and over 13 years of aerial experience, to create her ASP sessions. Think aerial training, bootcamp style! It's fast paced and challenging, incorporating elements of aerial strength and conditioning including bar work (chin ups, leg raises, skin the cats etc) mixed with, climbing, functional strength and endurance exercises.

CALISTHENICS AND CIRCUS STRENGTH:

Our pure strength based class! You must be able to do a minimum of 3, clean, correct form chin ups to take part in this class and be confident on aerial equipment/bars.

You will learn skills and conditioning techniques based on more advanced, aerial and bar/calisthenics strength exercises including:

Meathook & Meathook variations | Reverse Meathooks | Levers | Advanced style

Chin Ups | Handstand Conditioning | One arm strength and conditioning |

This class is an awesome way to rapidly increase your aerial strength!

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AERIALATES - Pilates for Aerials!

A fusion of Pilates and Aerial Conditioning.

Focused on increasing:

- *Core strength *Flexibility *Muscle tone *Posture *Body weight strength
- *Muscular alignment, balance and stability

No aerial experience required! This class is perfect for aerial students and anyone who wants to experience Pilates with an aerial twist!

SILKS AERIALOGRAPHY:

Focused on transitions, fluidity and flow. In Aerialography you will learn 3, short routines on silks, based on skills you have already learnt.

This is not a skills/tricks learning class. It is aimed to help you improve your movement from floor to silks and whilst on the silks. You will work on your hand positions, lines, smooth transitions and aerial flow! Great for helping you get used to learning new chorey, whilst increasing your aerial endurance.

Minimum level Silks L2 or equivalent.

ADVANCED CHOREY:

This class is invitational only, for advanced level students.

Aimed specifically at helping you develop into a professional aerialist, or further your professional skills if you have already started performing.

This class makes up the majority of our Elysium show troupe.

Minimum age 16 years, please contact us for further info regarding auditions for this exclusive class.

(Please note; Being accepted into and taking part in this class, does not guarantee you a place in the Elysium troupe or Aerial Artistry® professional team.)