

## **Aerial Summer School - Aerial Artistry GC**

Participants choose the classes they would like to take part in, based on their level and class passes. Classes are split into 3 skill levels.

In most cases Level 1 & 2 will work together, but have slightly different lesson plans within the one workshop.

In order to ensure all participants have the best experience possible, there will be maximum limits of participants set for each level. You can choose as many or as few classes as you like, throughout the duration of Aerial Summer School.

**\*\*Aerial Summer School is NOT a program for absolute beginners\*\***

### **WHAT LEVEL AM I?**

Following is a basic break down of our 3 levels. Please ensure you select the correct level to suit your current skills and experience. Due to limits on group sizes, we may not be able to move you once the program has commenced, as all levels will likely be at capacity.

#### **Level 1**

You have done classes previously and/or currently take classes at an alternate school.

- You can invert from the ground to silks/lyra consistently and correctly.
- You are still working on Aerial Inverts with straight legs and clean lines.
- You can perform basic foot lock sequences and beginner drops on silks.
- You can perform basic, static moves and spins, under and inside the lyra.

(Aerial Artistry students level completed one full term of Beg , Prep 1 &/or L1)

#### **Level 2**

- You have current and/or previous experience with aerials at a high intermediate level or above.
  - You can aerial invert with correct form on both silks and lyra. (No swinging, beating or pushing off the post).
  - You can knee climb with correct technique on silks and can pike up to knee hang cleanly and confidently on lyra.
  - You can confidently perform single knee hangs on lyra.
  - Strength requirement = Minimum 3, full extension, correct form chin ups
  - Minimum 4, clean aerial inverts , without wrapping on/touching ground.
- (Aerial Artistry students level L2 & L3)

#### **Level 3**

- You have been training aerials consistently at a high level for over 12 months.
- You can aerial invert cleanly with straight legs and correct form on silks and lyra
- You can dead hang invert on silks and lyra cleanly without swinging/beating
- Minimum 6 full extension chin ups in one set
- Minimum 6 aerial inverts in one set

(Aerial Artistry students level L4, L5 & Semi Pro)

### **TRAVELLING FROM INTERSTATE?**

We recommend accommodation in the Runaway Bay, Southport/Labrador Broadwater area, as they are in close proximity to our studio, or anything at the northern end of the Gold Coast.

Our studio address is Unit 2/104 Millaroo Drive Helensvale.

We are walking distance from Westfields Helensvale, and public transport goes directly to Westfields.

Organising flights, accommodation and travel for the program is the responsibility of the participant. Please ensure your travel/accommodation is organised early as it will be holiday season on the beautiful Gold Coast!