

Autumn Aerial Affair - Aerial Artistry® GC

Autumn Aerial Affair is a two day, complete aerial and performance immersion!

Rony and her team will be guiding you through this event, covering a range of key areas of importance for dedicated, experienced aerial students, with a strong desire to succeed in aerial arts.

You will explore and learn:

- Exquisite chorey
- Performance tips and tricks
- How to fast track your aerial progress
- What it takes to be a professional aerialist
- How to work the floor before you take flight
- Nutrition and recovery for high performance athletes + more!

If you have big aerial goals to:

👩 Perform beautifully
(whether it be with your aerial school or professionally)

👩 Compete in aerial competitions

👩 Or simply be YOUR best aerial version of you...
then you don't want to miss this program!

Autumn Aerial Affair is for Silks & Lyra experienced students, who have a minimum intermediate skill level on silks or lyra and a HIGH desire to make astonishing progress through hard work, education and dedication!

****Note****

Participants must meet strength and skill requirements for safety, and be comfortable and competent exploring basic choreography on both Silks and lyra.

If you predominantly work on only silks or lyra (not both) you will be able to work on your preferred apparatus for the majority of the program. But please be prepared to spend a little time (using basic skills only!) on the other!

What is the minimum strength/skill level required to participate?

- You have current and/or previous experience with aerials at an 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 on top bar, 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 3, clean aerial inverts, without wrapping on/touching ground.
(Aerial Artistry students - successfully completed minimum one term level L3 silks &/or lyra)

These guide lines are set out for safety reasons, as this program is in no way aimed at beginners to aerial arts.

This will be a rigorous two days of training, and by signing up you are acknowledging that you have the endurance, strength and stamina to take on the intensive training planned. Please note that the Aerial Artistry® instructors do reserve the right to ask you to sit out of the workshops, with no refund applicable, if you sign up to the program but are unable to safely execute the basic strength & skill requirements as listed above.

WHAT KIND OF TRAINING WILL WE BE DOING?

Autumn Aerial Affair is predominantly a performance based program.

During these two days you will be treated as performers, and be trained accordingly! Our aim is to assist you in becoming the best aerialist you can be, by utilising training techniques that the Aerial Artistry professional troupe have used and continue to use, throughout their career's.

(This program is not about learning a tonne of new skills as such, so please do not sign up if that is all you are after!)

During the program we will cover:

- Learning new aerial choreography
- Performance based flexibility & strength work
- Taking chorey from "Simple" to "Stunning"
- Basic dance/acro choreography with a range of music styles
- How to move from floor to apparatus
- Chorey creation on unusual apparatus
- Nutrition for aerialists... and more!

WHAT TIME IS TRAINING EACH DAY?

DAY 1. Friday 5:30pm-9:00pm

DAY 2. Saturday 9:00am-2:30pm

WHAT ELSE IS INCLUDED?

Onsite Morning Tea provided Saturday!

TRAVELLING FROM INTERSTATE?

We recommend accommodation in the Helensvale, Runaway Bay, Southport/Labrador Broadwater area, as they are in close proximity to our studio.

The studio is located at the northern end of the Gold Coast.

Our address is:

Unit 2/104 Millaroo Drive, Helensvale

Just down the road from Westfield's Helensvale, and the train station.

Organising flights, accommodation and travel for Autumn Aerial Affair is the responsibility of the participant. Please ensure your travel/accommodation is organised early as it will be holiday season!

We can't wait to train you soon!
The Aerial Artistry team.