WINTER AERIAL ESCAPE - Aerial Artistry® GC
Following is the basic information and prerequisites for Winter Aerial Escape:

- All participants will be attending training at the same time each day
- Participants are split into groups, appropriate to their skill level
- This level is predetermined by our instructors and based on a simple questionnaire you will complete following registration
- If you are of a different skill/experience level for silks & lyra, you will be put into your appropriate level for each respective training day
- Training times and workshop info for each day can be found on the main website page

NON NEGOTIABLE PREREQUISITES FOR PARTICIPATION

Winter Aerial Escape IS NOT a beginner's program. You are required to meet a certain minimum skill level, prior to taking part in the program. Minimum age permitted to participate is 16 years.

For your safety and to ensure we maintain the quality of the programming that Winter Aerial Escape is renowned for, there are strict minimum skill and strength requirements. Please ensure you meet these requirements prior to registering:

- *You have taken regular aerial classes previously (within the last 12 months) and maintained your strength/fitness OR you currently take classes at an alternate school*
- *You can confidently and correctly invert from the ground to silks and/or lyra*
- *You can perform basic foot lock sequences and have done beginner drops on silks*
- *You can perform basic moves under and inside the lyra and can confidently knee hang*

If you are choosing a Double Day Pass - these guidelines only apply for the apparatus you train on.

The guide lines are set out for safety reasons, as the workshops running are not aimed at absolute beginners to aerial arts. 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 knowingly sign up to the program as an absolute beginner. Or if you are unable to perform the basic strength & skill requirements as listed above.

WHAT TIME IS TRAINING EACH DAY?

DAY 1. Thursday: 5:45pm - 9:15pm
DAY 2. Friday: 5:45pm - 9:15pm
DAY 3. Saturday: 9:00am - 2:00pm

WHAT ELSE IS INCLUDED?

(Aside from the exceptional training in our state of the art facility :P)
Onsite brunch on the Saturday.
Visitors will also receive a 10% off Private Lesson Voucher - valid for 6 months!

TRAVELLING FROM INTERSTATE?

We recommend accommodation in the Runaway Bay, Helensvale, 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 Winter Aerial Escape is the responsibility of the participant. Please ensure your travel/accommodation is organised early as it will be holiday season!