

Class descriptions

Youth Aerial Program

Kids, ages 7-10, Tween/Teen 10-16

Class Descriptions

Foundations (First Year)

The first year of aerial dance consists of building safe foundations that will support the creativity and technique of students throughout their lives as movers, climbers, and dancers. In Foundations we build individual body awareness as well as musicality and collaborative choreography.

Level 1

Level 1 students should already have a strong foundation of skills including inversions, footlocks, climbs, and hipkey theory. They are ready to develop more complex skills and more in-air inversions and wraps. Choreographically, students will learn about movement quality and spatial relationships and apply these layers to their technique.

Level 2

Level 2 students are comfortable safely working off the ground, they are familiar with knee climbs, the hip-key family tree, and are beginning to understand the theory behind wraps and relationships. In level 2, a large focus is given to conditioning to safely increase the demand on the body. Individuals begin to learn the modifications and variations that are unique to their bodies and desires as aerial students. They'll continue to learn aerial theory and sequences that increase their choreographic options.

Level 3

Our most advanced students have a strong understanding of aerial theory and how to apply it within known wraps and sequences. They are mature and focused in their training. Level 3 students are encouraged to attend class 2xs/week or condition at home or in a complimentary technique (rock climbing, martial arts, dance, gymnastics, etc.).

Contemporary Aerial Dance

For students who are comfortable with aerial foundations, Contemporary Aerial Dance utilizes the rich possibility of ground dance, dance composition, and improvisation to enhance their existing aerial technique. New sequences and techniques will be taught, but the emphasis on the body's movement in space will take precedence over "tricks". All apparatus may be used throughout the session, depending on student and teacher interest.

Sensory Playground

Aerial dance uses fabrics hung from the ceiling to explore movement in relationship with gravity. In Sensory Playground, kids ages 5-8 are invited to explore a new way of moving with the invigorating support of aerial fabric. Teachers will create a safe and supportive community

to encourage and celebrate our collective creativity as we hang, spin, pull, push, and rest our bodies in relation to the fabric. The structure of the class will support students as they move at their own pace learning the foundational elements of aerial dance.

Big/Little Aerial

Aerial dance uses fabrics hung from the ceiling to explore movement in relationship with gravity. In Big/Little Aerial young children and their caregivers are invited to explore a new way of moving with the invigorating support of aerial fabric. Teachers will create a safe and supportive atmosphere as we explore how we can hang, spin, pull, push, and rest our bodies in relation to the fabric. Caregivers will learn techniques to strengthen shoulders, core, and legs, while finding flexibility and opening through the shoulders, chest/back, and hips. Little aerialists will be given space to explore their own strength, balance, and confidence through movement activities both with the apparatus and on the floor.