

Intermediate Aerial Silks (Ages 8+)

Aerial Silks is a circus discipline. The fabric is hung and securely fastened to create two tails. After you master the skills in Beginning Aerial Silks, you will advance into drops and spins. You will build strength, flexibility and endurance.

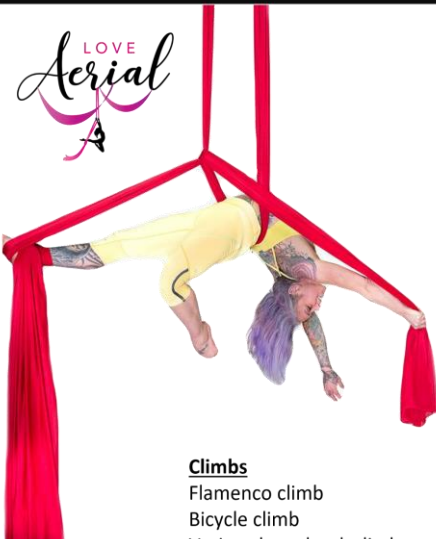
The Skills Sheet below describes all the skills learned in this class.

Note: No loose-fitting clothes and bring water. We have classes for 2 different age groups (ages 7-9 and 10+)

INTERMEDIATE AERIAL SILKS

Once you've mastered the skills of beginning Aerial Silks, you will be placed in more advanced class with more advanced skills.

LOVE
Aerial



Climbs

- Flamenco climb
- Bicycle climb
- Various knee hook climbs
- Big Russian climb
- Synchronized climbs

Drops

- Double Waterfall
- Star drop
- Pencil drop
- Bird cage drop
- Shooting Star



In the Air

- Knee hangs
- Ankle hangs
- Egg beaters
- Split balances
- Arm balances
- Various roll-ups
- Hip key sequences
- Thigh key sequences
- S wrap
- Belay

Performance Development

- Attention to details/lines
- Strength & flexibility training
- Sequencing
- Choreography
- Synchronization
- Safety in the air



619.449.7717
www.cgchamps.com

INTERMEDIATE AERIAL SILKS

90-minute class

Schedule

*Monday: No classes
Tuesday: No classes
Wednesday: 6:00
Thursday: No classes
Friday: No classes
Saturday: 10:30
Sunday: No classes*

Monthly Cost

Annual Family Membership Fee:
\$72

1x per week: \$150

2x per week: \$200

**IF YOU ARE NEW ATHLETE TO
CGC YOUR FIRST MONTH FREE
TUITION WITH \$35
REGISTRATION FEE**