

# Aerial - LYRA (Ages 10+)

Lyra is an aerial hoop, a circular steel apparatus resembling a hula hoop, suspended from the ceiling. Athletes will learn beautiful movements and shapes, as well as spinning and swinging techniques. Athletes will also learn to pose, climb, flip, spin, and drop.

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

Note: No loose-fitting clothes and bring water. Because of the strenuousness of this class it is limited to those ages 10 and older.

## LYRA

Athletes will learn beautiful movements and shapes, as well as spinning and swinging techniques. Will also learn to pose, climb, flip, spin, and drop.



### Mounts

Pike mount  
Side mount  
Straddle mount  
Pulovers

### Shapes

Man/lady in the moon  
Mermaid  
Various splits  
Inverted poses

### Strength

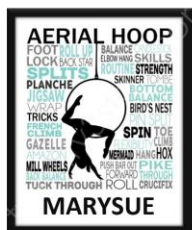
Knee hangs  
Single knee hangs  
Elbow hangs  
Ankle hangs  
Various rolls

### Movements

Beats  
Passe spins  
Arabesque spins  
Crocodile spins  
Swings

### Performance Development

Attention to details/lines  
Strength & flexibility training  
Sequencing  
Choreography  
Synchronization  
Lyra safety  
Partner work



## AERIAL - LYRA

*90-minute class*

### Schedule

*Monday: No classes  
Tuesday: No classes  
Wednesday: 8:00  
Thursday: No classes  
Friday: No classes  
Saturday: No classes  
Sunday: No classes*

### Monthly Cost

Annual Family Membership Fee:  
\$72  
1x per week: \$150

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CGC YOUR FIRST MONTH FREE  
TUITION WITH \$35  
REGISTRATION FEE**