

Beginning Aerial Silks (Ages 7-9 and 10+)

Aerial Silks is a circus discipline. The fabric is hung and securely fastened to create two tails. In this class you will learn to climb, how to do foot ties and poses. You will build strength, flexibility and endurance. As your skill level grows, you can advance to Intermediate Aerial Skills.

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 ages 10+)

BEGINNING AERIAL SILKS

In this class you will learn to climb, how to do foot ties and poses. You will build strength, flexibility and endurance. As your skill level grows, we will advance into drops and spins.



Slipknot

Box
Cocoon
Sailboat
Diaper drop
Candy cane
Diaper drop

Wrist Locks

Tuck hold
Skin the cat
Birst nest
Candlestick
Inverted straddle

Foot Locks

Tie in the air
Double foot locks
Cross-back straddle
Split roll-ups

Climbs

French climb
Russian climb
Foot lock climb
Crochet climb
Straddle climb (just once)

In the Air

Knee hook to Swing
Double crochet
Hip key to Cupid
Waterfall
Knee drop

Performance Preparation

Attention to details/lines
Strength & flexibility training
Sequencing
Synchronization

BEGINNING AERIAL SILKS

90-minute class

Schedule

Monday: No classes

Tuesday: No classes

*Wednesday: 3:00 (ages 7-9)
4:30 (ages 10+)*

Thursday: No classes

Friday: No classes

Saturday: 9:00 (ages 7-9)

*Sunday: 9:00 (ages 7-9)
10:00 (ages 7-9)*

Monthly Cost

Annual Family Membership Fee:

\$72

1x per week: \$125

2x per week: \$200

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