



# DANCERS INTENSIVE



**MY AERIAL HOME**

Unit A2, Bell Green Retail Park  
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# INTRODUCTION

My Aerial Home (MAH) presents a 1 week intensive course for Dancers, performers and pole practitioners who want to explore aerial for commercial use.

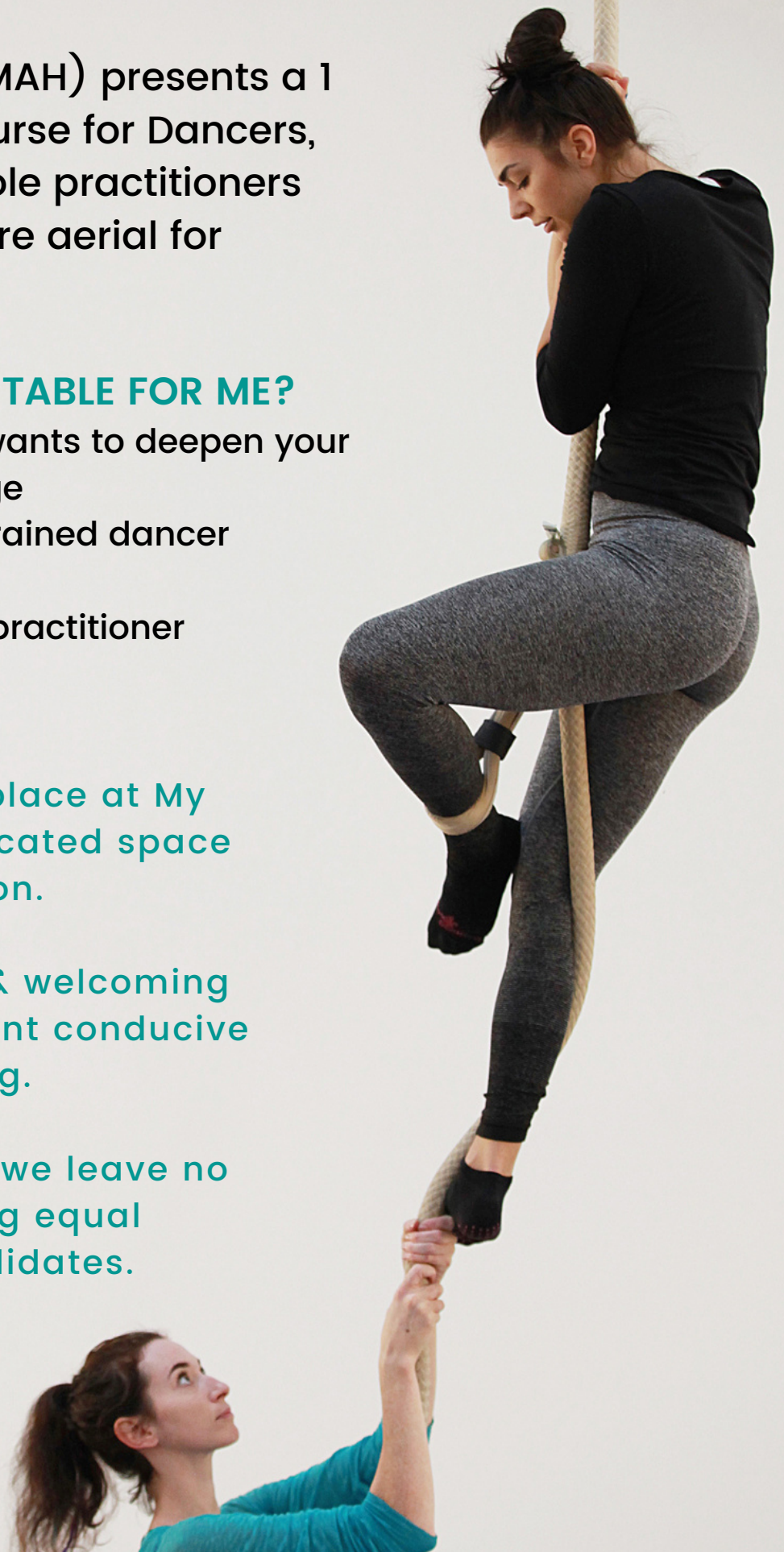
## IS THE COURSE SUITABLE FOR ME?

- An aerialist who wants to deepen your training knowledge
- A professionally trained dancer
- A gymnast
- A high level pole practitioner
- A martial artist

This course takes place at My Aerial Home's dedicated space in South East London.

We offer a secure & welcoming training environment conducive to intensive training.

At My Aerial Home we leave no one behind, offering equal training to all candidates.



# OVERVIEW



## COURSE LENGTH

4 days learning Silks Hoop  
Spanish Web + Filming on  
Friday (+£40)

## COURSE FEE

£260

## WORKSHOP STRUCTURE

The course offers a five-day overview in the aerial arts, focusing each day on learning the basics of silks, hoop and Spanish web. Participants are streamed into two or three groups, of between five and seven participants, according to ability and/or knowledge.

Each class is 1 hour and 15 minutes in length with a group warm up and cool down at the beginning and end of each session.

The course tutors are all professional aerial teachers who have a wealth of experience both as performers and as teachers.

# HOOP MODULE

The hoop module introduces you to the equipment and teaches several modular sequences that can be put together to create a routine.

## EACH PARTICIPANT WILL LEARN

To get on the equipment in 4 ways:

- Tuck under to pike
- Straddle up to hocks on
- Delila to sit
- Up and over

The sequence has at its basis:

- Man in the Moon
- Amazon
- West Side Story
- Split to hocks on top
- Hocks hang on top
- Hocks push away sequence
- Clock face split to sit
- Front balance
- Supplementary moves include:
  - Drop from West Side Story to Delila
  - Roll up to crescent moon
  - Gazelle
  - Star on the Bar
  - Birds nest
  - Amazon Pirouette

Advanced moves are:

- Gazelle variations to one leg drop
- Magic Split
- Salto
- Hocks on top to Front balance
- Belly rolls

Participants' competence is assessed during the workshops and additional moves may be given to increase repertoire.



# SILKS MODULE

The silks module teaches the basics of different climbs and conditioning techniques to build strength and resilience. Basic moves, shapes, figures and drops will be taught, depending on the strength and ability of the participants.

## EACH PARTICIPANT WILL LEARN

Climbs:

- French
- Russian

Figures:

- Foot lock single and double – and appropriate moves from this lock.
- The Cat's cradle
- Gazelle
- Hip lock
- Catchers

Participants are assessed competence during the workshops and additional moves may be given to increase repertoire.





The Spanish web module teaches you to be a flyer – making shapes and figures whilst spinning from your wrist or ankle – and how to base safely and efficiently – turning the rope for the flier and understanding the physics of basing a flier with the different techniques to keep the spin “alive”.

## EACH PARTICIPANT WILL LEARN

Climbs and locks include:

- French
- Assisted climb
- Figure of 8 Foot lock

Wrist moves include:

- Correct placement of the wrist Star
- Split
- Peter pan
- Mermaid
- Flash Dance
- Flag
- Ball
- Double stag
- Jump rope

Ankle Moves include:

- Correct placement of the ankle lock
- Ankle hang
- Foot to head
- Push away stand facing down.
- Push away stand facing up
- Bow and arrow

# OUTCOMES

On the final morning (Friday) participants are given the opportunity to have their routine filmed by a professional videographer (this incurs a small extra charge). The film is a good record of development and can be used as part of a show reel if moving into professional work.

Every participant should be able to put together and execute the moves they have been taught in a short routine. Each practitioner chooses one piece of apparatus to show their new skill. If they don't want to be professionally filmed we encourage people to film themselves to keep as a record of their progress.

This is a good entry-level workshop for dancers or fitness practitioners wishing to begin their training in aerial arts and could also count towards eligibility for My Aerial Home's Essential Aerial Course, 1 Month Foundation or 3 Month Pro.

## PRE-REQUISITES

No aerial experience is required, but a good level of fitness is needed and excellent body awareness and resilience. People with gymnastic training in the past or martial arts or pole training as well as dancers would all find this course beneficial. The course is also suitable for people who have aerial experience and want to push their training forward.

**The Dancers Intensive Course can be viewed as a stand-alone course or as an entry level to our later courses like the EAC 1 Month Foundation and the EAC Pro 3 Month Course**



# TIMETABLE

## DAY 1

**MONDAY 9:30AM-2:00PM**

Warm up – 15 minutes  
Class 1 – 1 hour 15 minutes  
Class 2 – 1 hour 15 minutes  
Class 3 – 1 hour 15 minutes  
Cool Down – 15 minutes

## DAY 2

**TUESDAY 9:30AM-2:00PM**

Warm up – 15 minutes  
Class 1 – 1 hour 15 minutes  
Class 2 – 1 hour 15 minutes  
Class 3 – 1 hour 15 minutes  
Cool Down – 15 minutes

## DAY 3

**WEDNESDAY 9:30AM-2:00PM**

Warm up – 15 minutes  
Class 1 – 1 hour 15 minutes  
Class 2 – 1 hour 15 minutes  
Class 3 – 1 hour 15 minutes  
Cool Down – 15 minutes

## DAY 4

**THURSDAY 9:30AM-2:00PM**

Warm up – 15 minutes  
Class 1 – 1 hour 15 minutes  
Class 2 – 1 hour 15 minutes  
Class 3 – 1 hour 15 minutes  
Cool Down – 15 minutes

## DAY 5

**FRIDAY 9:30AM-2:00PM**

Film Showreel



# BOOKING INFO

BOOK NOW



## What past Dancers Intensive Participants have said...

"Encouraging and helpful. Great Experience and would highly recommend to dancers"

"I am not very strong on the silks and she made it accessible and interesting...I loved it, more please!"

"I always wanted to try aerial as I wanted the challenge -this course was soooo much better than I could have expected"

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MY AERIAL HOME'S ESSENTIAL AERIAL COURSE: DANCERS INTENSIVE