



ESSENTIAL AERIAL COURSE 3 MONTH PROFESSIONAL



MY AERIAL HOME
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INTRODUCTION

My Aerial Home (MAH) presents a 3 month course for people with excellent physical knowledge and ability who want to train as aerialists.

SUITABLE CANDIDATES

- Aerialists who feel their piecemeal training has left gaps in their knowledge
- Gymnasts
- Martial artists
- People with a good level of pole experience
- Professionally trained dancers
- Anyone with an excellent physical understanding and good fitness level

This course takes place at My Aerial Home's dedicated space in London – a secure, welcoming training environment with excellent facilities. At My Aerial Home we leave no one behind, offering equal training to all candidates.



OVERVIEW



KEY SKILLS

- SILKS
- HOOP
- STATIC TRAPEZE
- ROPE
- CONTORTION
- STRAPS
- HANDSTANDS
- TUMBLING

WORKSHOPS

- BASIC RIGGING
- COUNTERWEIGHT
- BUSINESS & FUNDING
- PERSONAL STYLING AND COLOUR
- CREATION
- PERFORMANCE

EXTRAS

- PROFESSIONAL PHOTO SHOOT
- PROFESSIONALLY PRODUCED GRADUATION SHOW
- FILMED FOOTAGE OF THE GRADUATION SHOW
- FREE PRACTICE TIME

MY AERIAL HOME'S ESSENTIAL AERIAL COURSE: 3 MONTH PROFESSIONAL

COURSE BREAKDOWN

EAC Pro will consist of over 234 hours of training and 65 hours of free practice time and over 32 hours of supervised production time in a two stage programme.

STAGE 1: EAC FOUNDATION (WK 1 - 7)

- Basic aerial techniques on our selected "key" aerial disciplines
- Builds strength and stamina
- Develops aerial repertoire via moves and combinations
- Introduces new equipment and ground based disciplines
- Participants are assessed and streamed
- Fridays are consolidation practice days (included in your fees)

During the half term week participants have the option of taking part in a Spanish Web module, at no extra charge.



COURSE BREAKDOWN

STAGE 2: TECHNIQUE & CREATION (WK 8 - 13)

In stage two, students choose a specialisation and start working to reach a higher level of ability, focusing on smooth transitions and advanced technique.

This process is aimed at achieving specific goals, a smooth flow between tricks & poses; a deeper understanding of correct techniques and methodology.

Skills based classes in other disciplines will continue alongside this specialisation work.

Participants will work towards their graduation routine. Creative workshops from various practitioners will deliver techniques to inspire students to create a professional, smooth-flowing and dynamic acts with music, choreography and character.



COURSE INFO

COURSE LENGTH

- 13 Weeks, September-December
- Monday-Thursday, 10:15AM-3:00PM
- Open training time Fridays, 12:30-4:30PM

COURSE FEE

- £3,420
- Deposit £300 (Non-refundable, applied towards full fee)

INCLUDED IN THE FEE

- Expert aerial circus training four days a week (Monday to Thursday) with free personal practice time on Fridays!
- A wide range of teaching styles with teachers who excel in their skills
- Style Workshop with Helen White from House of Colour
- Supporting workshops on business planning, act creation, performance & rigging
- Support from staff at My Aerial Home during your studies
- Expert production assistance to create your final piece
- A professionally produced graduation show that is filmed for your showreel
- A professional photographic shoot
- A dedicated clean, warm training space with excellent facilities where you can concentrate on your practice
- Easy payment terms and no hidden financial extras



COURSE INFO



This is an adult course, 16-18 years accepted with parental consent.

STREAMING OF ABILITIES

Participants will be streamed into groups, with higher-level aerialists encouraged to retrace and check their aerial knowledge to embed good practice. This deepening of their understanding will allow them to move onto more complicated and advanced work with an understanding of the basics keeping them safe and able to create their own work. Less experienced practitioners will gain an ABC knowledge of the aerial arts, setting safe and achievable targets that will enable them to move forward towards more difficult and advanced skills, solid in the knowledge that they understand their craft.

TEACHING STAFF

All staff are professional aerial tutors with extensive knowledge of performance, production and a high level of aerial expertise.

PAYMENT PLAN

You will be billed for the full amount and are asked to pay a deposit of £300 to reserve your place. You may then pay the balance in instalments, so long as the fees are paid in total before the course begins. No interest will be added.


COURSE EXTRAS

PHOTOSHOOT

Dan Pluck takes your static studio and performance shots.

GRADUATION SHOW

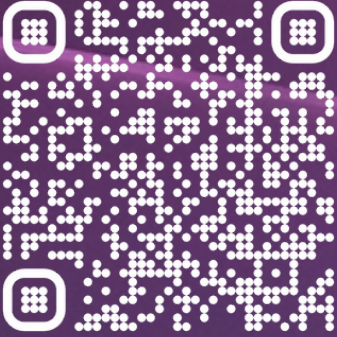
On the final Friday of the course in December a professional show will be staged and filmed with a paying audience to show participants' created routines.

A photograph of a male aerialist performing a complex pose on a silks. He is suspended in the air, with his body arched and his legs extended. The lighting is dramatic, with strong purple and blue hues. The background is dark, making the performer stand out.

Three months is a short time to bring each participant's training to a professional level. However, from our previous course experience, combining sound training techniques and intelligent methodology with hard work and personal discipline, this intense training regime encourages each participant to draw on their strengths, creativity and mental tenacity to develop personalised professional pieces. In addition, this course will leave each participant feeling confident and prepared for work in an industry that is increasingly competitive.

COURSE EXTRAS

BOOK NOW



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