



ESSENTIAL AERIAL COURSE 1 MONTH FOUNDATION



MY AERIAL HOME

Unit A2, Bell Green Retail Park
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INTRODUCTION

My Aerial Home's (MAH) 1 Month Foundation Course is a fabulous 4 week intensive course in the aerial arts.


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.



COURSE OVERVIEW

A photograph of an aerialist performing on two ropes. She is wearing a blue and gold outfit with a gold belt and a gold headpiece. She is in a dynamic pose, with one leg extended upwards and the other downwards, holding onto the ropes with both hands.

Professional performers can struggle to balance work life with training to improve their aerial skills. My Aerial Homes Essential Aerial Courses (EAC) have been designed to help performers achieve their aerial ambitions. Many transitional aerialists have knowledge gaps in their repertoire, as an unavoidable consequence of piecemeal training. The EAC Foundation aims to fill those gaps.

The Course runs four days a week, Monday–Thursday 10:15AM–3:00PM, for four weeks with the offer of free training time on Fridays.

The EAC Foundation is the basis of My Aerial Home's progressive courses allowing participants to split their training into time-manageable and affordable chunks without losing quality teaching.

BENEFITS

This course is designed to build physical strength whilst teaching the essential basics of aerial across several skills including choreography and act creation.



THE COURSE WILL HELP YOU BY...

- Solidifying the techniques needed for core aerial moves, ensuring there are no knowledge gaps.
- Building a solid base of strength safely and consistently.
- Teaching specific moves, combinations and techniques on various aerial apparatus that can be built upon in the later training.
- Encourage performance development in a safe and supportive environment.
- Alongside the aerial repertoire will be conditioning and flexibility training to build strength and stamina essential to support the physical demands of this art form.

DISCIPLINES COVERED

The course is designed to encourage participants to discover and develop their strengths. If participants work hard they will leave with a good grounding in aerial skills, choreography and ability, which will take them on to a higher level of work and give them confidence to become well-rounded performers on and off the aerial equipment. They will also leave with knowledge of safe working practices.

- Silks
- Static Trapeze
- Hoop
- Rope
- Straps
- And supporting ground based classes like contortion, handstand & tumbling



ADDITIONAL INFO

COURSE INFO

- Participants must demonstrate commitment and a will to succeed. 100% attendance will be requested.
- This is an adult course, 16-18 years accepted with parental consent.

TEACHING STAFF

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

COST

- £1200 (Non-refundable £300 deposit applied towards full fee)

INCLUDED IN THE COST

- 4 weeks intensive professional training
- Professional photoshoot
- A Sharing and Showing Performance: A fun and friendly performance for family and friends which is filmed by a professional videographer.



BOOKING INFO

BOOK NOW



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