



ESSENTIAL AERIAL COURSE TEACHER TRAINING



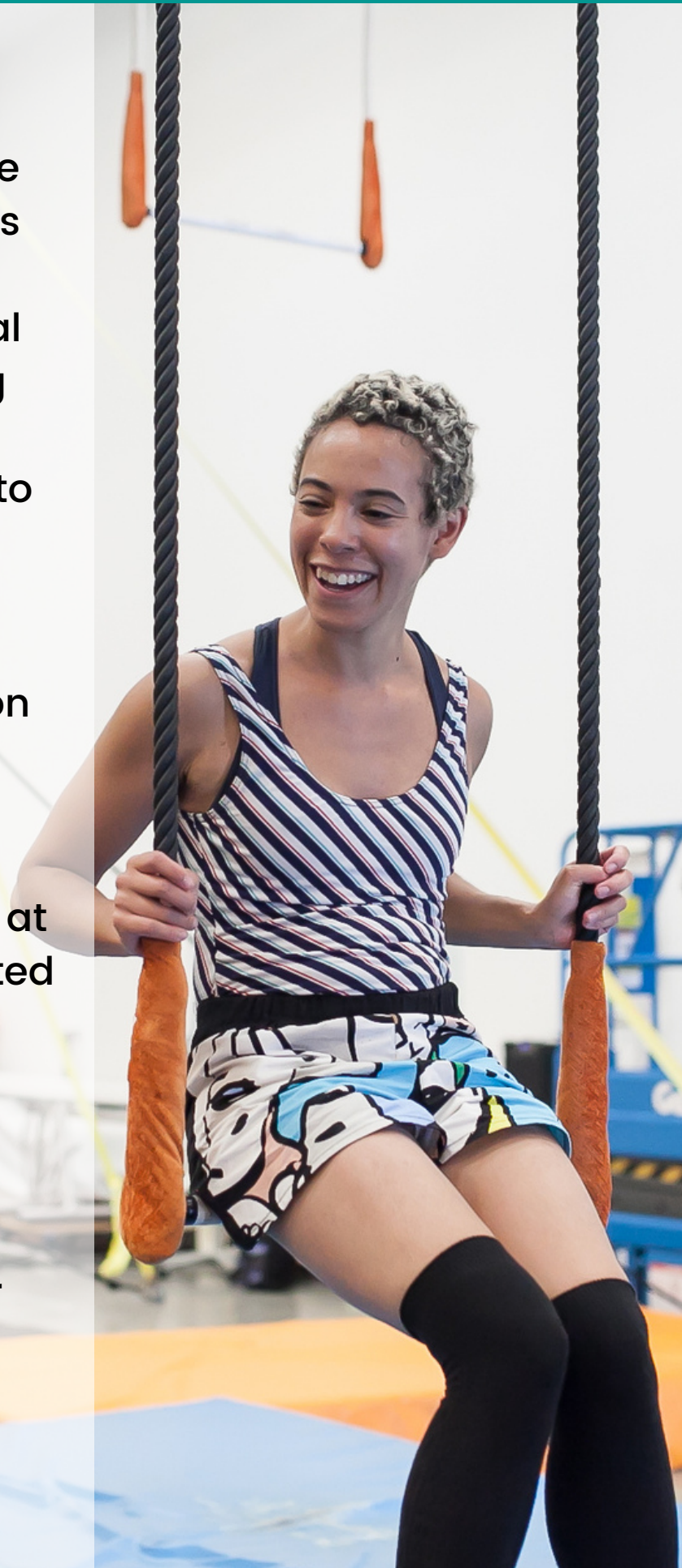
MY AERIAL HOME
Unit A2, Bell Green Retail Park
Sydenham, London SE26 4PR

020 3817 4870
info@myaerialhome.co.uk
www.myaerialhome.co.uk

INTRODUCTION

My Aerial Home (MAH) is pleased to present a weeklong training module for teachers of aerial skills as part of our Essential Aerial Course professional programme. This training week is aimed at existing teachers who may want to build on their skills and aerialists or performers who want to acquire the skills necessary to pass on their hard earned knowledge.

All workshops take place at My Aerial Home's dedicated space in south-east London – a secure, professional and welcoming training environment. My Aerial Home currently runs over 30 classes a week for all ages and abilities including 10 children's classes.



COURSE OVERVIEW

FEE

- £500 + VAT (£600)

COURSE INFO

- 5 DAYS
- MONDAY-FRIDAY, 10:00AM-5:00PM
- 1 HOUR FOR LUNCH

Some teachers are fantastic aerial performers but struggle to communicate how the movements work to less capable practitioners.

This course gives an overview to the art of teaching four core aerial skills:

- trapeze
- hoop
- silks
- rope

Focussing on:

- correct body alignment and movement
- injury prevention
- spotting techniques
- class creation and management
- basic rigging concepts
- business discussion

COURSE DETAILS

This in-depth and holistic approach to teaching is appropriate for new teachers as well as those with teaching experience, and for those who work with children, young people or adults in a variety of educational environments including circus schools, gymnastic programmes, summer camps, fitness studios and more. There will be a sample teaching session providing an opportunity for the teacher trainees to create a sample curriculum and to work with “real” students.

- Body alignment and injury prevention – correct shoulder position and technique.
- Developing the correct musculature to prevent injury and maximise performance.
- Aerial vocabulary and skills building – what the essential moves are, how to do them and how to describe and explain aerial movement effectively for different learning skills.
- Repertoire – on all equipment.
- Class structure and creation – how to create an interesting and achievable class.
- Class management – how to work with different levels and ages that may have to work together.
- Ways of learning and communicating – with different types of people.
- Building good practice – in your school, studio and for participants’ personal practice.
- Your studio and your clients – who you are and what you do.
- Being creative – how to keep the interest going.
- Being practical – support for you and your studio.
- Working with children and students with special needs.

Pre-Requisites: All students are expected to be able to climb and invert on silks or rope and be capable of mounting aerial equipment unaided. Trapeze experience is not necessary but an advantage

COURSE LEADER



Amanda Miles Robins is the founder of My Aerial Home and Air Dance Productions. Trained as a professional dancer at the Arts Educational Schools, she danced professionally before becoming an agent for commercial dancers, models, and choreographers. Amanda then moved into theatre and television production and for 20 years worked as a freelance television producer for all the major broadcasters and was talent executive at Disney Channel. She co-founded Comedy Rep, pioneering comedy at the Soho Theatre. Amanda took up aerial training as a hobby, training in the adult programme at The Circus Space (now the National Centre for Circus Arts) in static trapeze and rope, and found it complemented her dancing skills. Amanda has taught and choreographed for many companies including Carnival Cruises and P&O; creating work for Naughty Boy at the MOBO Awards; working with Cirque Bijou for their Extraordinary Bodies show; pioneering trapeze for those suffering from depression with Status Employment; and working with numerous performers creating new acts and developing their aerial skills through our professional short course programmes.

COURSE VENUE

My Aerial Home is a friendly and inclusive aerial training space in southeast London. It is a spacious, warm, clean and safe training space with good transport links to London (main line stations are Lower Sydenham and Sydenham) free parking and an on-site café.

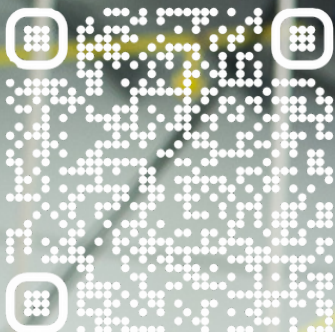
The school offers aerial training to anyone and everyone who wants to learn aerial skills, with fitness and fun classes available for adults Monday to Saturday and children's classes every day of the week.

The school also runs professional level courses, workshops for beginners and improvers, as well as hosting guest tutors from all around the world bringing exceptional professional workshops to professional performers.



BOOKING INFO

BOOK NOW



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MY AERIAL HOME'S ESSENTIAL AERIAL COURSE: TEACHER TRAINING