

2022 Aerial & Circus Classes



AERIAL ANGELS

| Age | Class | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------|------------------|---------------|---------------|---------------|---------------|---------------|-------------|
| 2 - 4 | Pre-Prep Circus | | | 9.15 - 10am | | | 9.15 - 10am |
| 5 - 8 | Junior Circus | | | | | | 9 - 10am |
| ALL NEW AERIAL STUDENTS | Aerial Basics | 3.45 - 4.45pm | | | | | 11am - 12pm |
| ALL AGE | Level 1 | | | | | | 10 - 11am |
| | Level 2 | | | | | | 11am - 12pm |
| HOMESCHOOL | Aerial & Acro | | | 10 - 11.30am | | | |
| 6 - 8 | Junior Aerial L1 | 4.45 - 5.45pm | | | 3.45 - 4.45pm | | |
| | Junior Aerial L2 | 3.45 - 4.45pm | | | 3.45 - 4.45pm | | |
| | Junior Aerial L3 | | 3.45 - 5.15pm | | | | |
| 9 - 11 | Tween Aerial L1 | 5.45 - 6.45pm | | | 4.45 - 5.45pm | | |
| | Tween Aerial L2 | 4.45 - 5.45pm | | | 4.45 - 5.45pm | | |
| | Tween Aerial L3 | | 5.15 - 6.45pm | | | | |
| 12 - 17 | Teen Aerial L1 | 5.45 - 6.45pm | | | 5.45 - 6.45pm | | |
| | Teen Aerial L2 | 5.45 - 6.45pm | | | 5.45 - 6.45pm | | |
| | Teen Aerial L3 | 4.45 - 6.15pm | | 4.45 - 6.15pm | | | |
| INVITE ONLY | ADV Aerial 2 JNR | 3.45 - 4.45pm | 3.45 - 5.45pm | | | | |
| | ADV Aerial 2 SNR | 5.45 - 6.45pm | | | 5.45 - 7.45pm | | |
| | ADV Aerial 1 | 4.45 - 5.45pm | | | | 3.45 - 4.45pm | |
| | Elite Aerial 1 | | | 4.15 - 6.45pm | | 5.00 - 7.00pm | |
| | Elite Aerial 2 | | | 4.45 - 6.45pm | | 3.45 - 5.15pm | |

2022 Acrobatics & Ground Classes



AERIAL ANGELS

| Age | Class | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|------------------------------|--------|---------------|---------------|------------|--------|-------------|
| 5+ | Acro Beginners | | | 3.45 - 4.45pm | | | 10 - 11am |
| 5+ | Acro L1 | | | 4.45 - 5.45pm | | | |
| | Acro L2 | | | 5.45 - 6.45pm | | | |
| | Acro L3 | | | | | | 11am - 12pm |
| | Advanced Acro | | | | | | 12 - 1pm |
| INVITE ONLY | Performance Acro | | 3.45 - 5.15pm | | | | |
| 9+ | BEG Hand Balance | | | | 4 - 5pm | | |
| | ADV Hand Balance | | 5.15 - 6.15pm | | | | |
| INVITE ONLY | Performance Hand Balance SNR | | 6.15 - 7.15pm | | | | |
| | Performance Hand Balance JNR | | | | 3.30 - 4pm | | |
| 9+ | Strength & Conditioning | | | | 5 - 6pm | | |
| 12 - 17 | ADV Contortion | | | | | | |

CLASS DESCRIPTIONS

Aerial Classes: Ballet in the Air! One of the most beautiful and popular circus disciplines. Aerial classes include a selection of Aerial skills: Lyra's, Trapeze, Silks and more. Strength and flexibility training is also included. Classes are graded from Levels 1 through to Level 3. All new students enter at Aerial Basics for assessment and to learn foundation techniques.

Acrobatics and Tumbling: Everything on the ground! Back flips, somersaults, cartwheels and more! Acro & Tumble classes are taught by the best of the best at Aerial Angels. From beginners to advanced, all skills are included starting with basics. Great for strength and coordination in the growing body. All new students are to register in an Acro Beginners class or call to confirm which class is most suitable.

Pre-Prep Circus: Focuses on exploring creative movement in a playful atmosphere. Great for developing fine and gross motor skills, co-ordination, and confidence. Classes include fun circus games, obstacle courses, jumping, climbing, music and costumes.

Junior Circus: A little bit of everything! Trapeze, acrobatics, tumbling, hula hoops, tightrope walking, juggling, climbing, jumping and much more. All the fun of the Circus. Great for kids with lots of energy and who love variety.

Hand Balance: An exciting new class that focuses all on handstands. For any level, work on improving your technique, holds and positions. Take handstands to new heights with hand balance canes and learn core foundations that can be taken across to different acrobatic areas.

Strength & Conditioning: A disciplined class to lengthen and tone muscles and improve posture, flexibility, strength & control.

Contortion: A specialty class that takes flexibility to a performance level. Working individually with students to increase their personal strengths, stabilizing core and combining movement.

Invitation Only: Aerial Students who have reached a high level of skill may be invited into our advanced levels. These classes provide students with additional training time and access to premium level teachers. Includes Advanced Aerial, Junior Elite, Senior Elite & Pro Course.

Private Lessons: Fast track development with one-on-one training with our coaches. By appointment only