



Presents the

19th International Aerial Dance Festival 2017

July 30 – August 11, 2017

Boulder, Colorado

- Scale new heights.
- Meld your skills in a cauldron of new ideas and approaches.
- Connect heaven & earth through breath, body and apparatus.

Join the movement! Find your tribe....

This year's faculty has been carefully chosen to take you on an amazing journey.
Don't miss a truly unforgettable experience of airborne dance.

The Festival is produced by Frequent Flyers® Productions, Inc., a non-profit, aerial dance company.

www.frequentflyers.org

303-245-8272

ADF 2017 Faculty Artists

Angela Delsanter
Katie Elliott
Danielle Garrison
Danielle Hendricks

Valerie Morris
Sarah Romanowsky
April Moore Skelton
Teo Spencer

Nancy Smith
Sam Tribble
Yuki Tsuji

Locations

Week A and Week B classes, workshops, opening reception, Intimate Encounters, and closing party:
Frequent Flyers Aerial Dance Studios: 3022 E. Sterling Circle #150, Boulder, CO 80301
“FFP ADS 1” or “FFP ADS 2”

Week A only classes and Performance Showcase:
Dairy Arts Center, Gordan Gamm Theatre: 2590 Walnut St., Boulder, CO 80302
“Dairy Arts Center – Gordon”

Week B classes only:
University of Colorado, Boulder campus, Theatre & Dance Building.
“CU 150” (ground level) and “CU 350” (3rd floor)

| [CU Campus Map link: http://www.colorado.edu/campusmap/map.html?bldg=THTR](http://www.colorado.edu/campusmap/map.html?bldg=THTR)

Housing Information

Frequent Flyers® Productions does not provide student housing. For additional information about other accommodations, call the Boulder Chamber of Commerce at 1-800-444-0447 or 303-442-1044.

You may also visit <https://www.facebook.com/events/726592367506744/> network with other festival participants also looking for housing options.

Transportation Information

Students should not schedule back-to-back classes between CU and the Aerial Dance Studio, unless the student has a car/ride. Boulder is bike-friendly and has a public bus system.

Sponsors

The *Aerial Dance Festival 2017* is sponsored by the University of Colorado Department of Theatre and Dance, the Boulder County Cultural Council of the SCFD, Boulder Arts Commission, Boulder County Arts Alliance, Colorado Creative Industries, Brock Media / Boulder Magazine, and The Community Foundation.

The **University of Colorado Boulder** has an exciting and diversified dance program which offers BA, BFA and MFA degrees. We are a contemporary dance program – one that values and provides study in a range of styles that influence the multifaceted nature of concert dance today. Our training reflects the influences of West and North African traditional dances and Western European (ballet) folk dance traditions. Our curriculum is designed to develop concrete skills in performance and choreography and to instill an appreciation of the role that dance plays in human culture around the world. Students in the MFA program can also select an Aerial Dance emphasis in conjunction with Frequent Flyers® Professional Training Program. For information contact the CU dance program at 303/492 5037. <http://theatredance.colorado.edu>

College Credit

The University of Colorado Boulder offers ADF students continuing education credit for ADF classes. Please call the FFP office for more information: 303-245-8272

The Glenn P. Davis Scholarship

Frequent Flyers® Productions is offering one full-tuition scholarship for the *Aerial Dance Festival 2017* of up to \$1,000 toward classes at the Festival. The Glenn P. Davis Scholarship will be awarded to a dancer already exploring choreography in the air. Housing, travel, and food are the responsibility of the student. This scholarship is made possible through the generosity of the Davis family.

To apply: please download the application from www.frequentflyers.org on the Aerial Dance Festival page. Deadline: March 15, 2017. Notification April 1, 2017.

Classes / Registration

NOTE: Registration is only open for **Early Bird Packages** until April 15th. After that date — *a la carte* purchasing is enabled. Classes will fill, so take advantage of these savings and get your spot first. Be an early bird and save!

EARLY BIRD PACKAGES – Save on classes! **

Only until April 15. First come – first served. This is your opportunity to get your spot in classes first! Prices include registration fee of \$20

Package 1: One Immersion + One 90-minute class. Must be used in either week A or B. \$409.20
(Savings = \$30.80*)

Package 2: One Immersion + Two 90-minute classes. Must be used in either week A or B. \$539.40
(Savings = \$40.60*)

Package 3: One Immersion + Three 90-minute classes. Must be used in either week A or B. \$669.60
(Savings = \$50.40*)

** (Packages cannot be combined between weeks. In other words, you cannot use an Immersion in Week A and a 90-minute class in Week B.)

*Savings are based on aerial 90-minute classes.

After April 15: No discounts, only *a la carte* registration for both Immersions and 90-minute Classes (if space is available). So, don't wait!

To Register: <https://clients.mindbodyonline.com/ASP/adm/home.asp?studioid=12867>

Registration & Fee Payment

Participants must be 12 years of age or older. An online liability waiver, photo release, and insurance form must be signed by each participant 18 or over, or by a legal guardian or parent if the student is under 18.

*****Students will be placed on the wait list if a class is full at time of registration.**

Students must register for the full week-long class as material is contiguous. **All Classes are ONE-WEEK and meet Monday – Friday. No drop-ins except for modern dance.**

After April 15' a la carte registration process:

A one-time \$20.00 registration fee is required for each student to cover administrative overhead.

IMPORTANT: For credit card payment and online registration:

You will set up an “account” for Frequent Flyers payments at

<https://clients.mindbodyonline.com/ASP/adm/home.asp?studioid=12867>.

First, you pay \$20 registration fee (non-refundable) and after checking out and logging out, you can then log back in and add your classes to your shopping cart.

Please review the refund policy carefully.

Refund Policy

The \$20 registration fee is not refundable.

100% of the payment (minus the \$20 registration fee) is refundable through May 27, 2017.

From May 27th through July 18th, 80% of the payment (minus the \$20 registration fee) is refundable.

After July 18th there will be NO REFUNDS.

If you pay by check or money order, your refund will be made after the Festival.

2017 Schedule of Classes / Descriptions

IMMERSIONS WEEK A: Monday, July 31- Friday, August 4

These classes meet Monday – Friday, 9 am – noon.

Aerial Dance Choreography (Week A)

Nancy Smith

\$280 (Limit 18 students) Ages 15+

Mon. July 31 – Aug. 4. 9:00 AM – noon

Dairy Arts Center – Gordon

Prerequisite: Must have experience with either vertical or horizontal apparatus and a yearning to learn choreographic techniques.

This is an intensive workshop in aerial dance composition and choreography on mixed apparatus (fabric, sling, low-flying trapeze). We will explore the choreographic elements of working in the air, especially the air-to-ground and back-again transitions, the effect of vertical space on the viewer, the kinesthetic translation of the flying experience to the audience and how the aerial component affects the basic choreographic elements of time, space, and energy. Participants will be encouraged to develop a personal language of aesthetics, vision, and critique, being able to articulate 'what I like' and 'what I want' with respect to aerial performance. We will examine the different aesthetic approaches to creating an aerial dance and methods such as theme and variation, improvisation, modes of movement, how to successfully blend movement from ground to air. Students will compose short choreographic studies as part of the class.

Cyr Wheel Immersion – Int/Adv (Week A only)

Sam Tribble

\$280 (Limit 16 students) Ages 15+

Mon. July 31 – Aug. 4. 9:00 AM - noon

FFP ADS 1

Pre-requisites: Students must have consistent waltz from single and two points. Comfortable waltzing with lead or trail arm only (3 point). Handstand against a wall in addition to cartwheels on the ground (not in the wheel). Students should also be familiar with basic manipulation of handling the wheel in roll, spin and hybrid.

Each session will begin with an active warm up incorporating stretches and body movement that will facilitate learning. We will implement Progressive Axis Training (PAT) technique for rapid induction of skill acquisition. Manipulation sequences integrating all three plans of movement will be explored. We will adhere to strict body alignment and define the necessary relationship of physics as it applies to Cyr. Safety considerations, Spotting and working together to maximize hands on learning will be taught. Topics: Large and small spirals, one legged coin spin, hangs, and jump to support and more. Advanced students will also be able to spend time working specific areas of their interest. This course will cover all components of structured training.

Fabric - Post and Hang Creation Method Immersion (Week A only)

Teo Spencer

\$280 (Limit 18 students) Ages 16+

Mon. July 31 – Aug. 4. 9:00 AM - noon

FFP ADS 2

Prerequisites: Intermediate to advanced students only. Minimum 1-2 years of committed time on vertical elements. This class is three hours long and we will be working ourselves hard for all three.

Post and Hang is an improv and creation technique that frees you to discover your own repertoire in vertical elements. The fabric is an infinite playscape and I am always amazed at what students create in this workshop. We'll start each day with a battery of categorized vocabulary broken into building blocks that we can then create with. We'll also take part of our daily time to dissect techniques from aerial straps to achieve greater efficiency in straight-arm inversions, flags, etc. and to open up new levels of technique in the fabric. We'll also take the time to use group presentation and collaboration as a platform for pushing sequences and performance technique. When we're too tired to climb anymore, we'll explore novel ways of using the fabric for duos and groups. The class can go pretty fast; make sure to bring a camera or smartphone to record the things you make, as we'll be building on them over the week. This class is a lot of fun and can help aerialists at most skill levels so just make sure you come ready to rock it!

IMMERSIONS Week B: Monday – Friday, 9 am – noon.

These classes meet Monday – Friday, 9 am – noon.

Bungee Dance & Build Immersion (Week B only)

Danielle Hendricks

\$280 (Limit 20 students) Ages 16+
Mon. Aug. 7 – Fri. Aug 11. 9 AM – noon
FFP ADS 1

Prerequisites: Don't take this class if you are: A) deathly afraid of ladders, scaffolds, or heights; B) think you might be pregnant; or C) are against experiencing moderate pain and/or bruising around the hips, inner thighs, and upper arm areas.

This class will cover the main uses for aerial bungee dancing in harness. We will begin each day with a comprehensive Pilates Mat warm up, to prepare the body for the rigors of being in a bungee harness. On day one, we will start the bungee dance section with "high bungee," where the dancers are unable to touch the ground. With attachments at R/L hip and two points in ceiling, we can work on maximizing bounce and forward/backward rotations. Each dancer will have a partner and both groups will learn some fun choreography sequences to perform with each other. As the week progresses, we will lower the dancers so that they are able to touch the ground and use the floor to create additional bounce and control; then we will change to one ceiling attachment with a swivel and explore spinning and more directional changes, while still able to touch the ground. On day 5, dancers will get to try the "back-pick" attachment, where they are on a single point at the ceiling and on their harness, much like the popular bungee fitness classes we are seeing advertised on the internet lately.

The bungee building section of the classes will cover safety and inspection of harnesses as well as bungee and crimps, and where/how to purchase these items. As the week goes on, dancers will be able to do some "hands on" training with the tools and materials necessary to build their own bungee sets in the future. Dancers will then feel comfortable by the end of the class in how to select, build, inspect and maintain safety with bungee and harness equipment.

Fabric: Movement Quality for Performance Immersion (Week B only)

Sarah Romanowsky
\$280 (Limit 18 students) ages 16+
Mon. Aug. 7 – Fri. Aug 11. 9 AM – noon
ADS Studio 2

Prerequisite: Students should be able to safely & consistently execute a double star & spend 3+ min. in the air at a time executing movement.

In this immersion, we will work on techniques to elevate our aerial silks style and onstage presence. Together, we will work on developing tricks & drops with unique entrances, exits and transitions, so come prepared to marry moves together in fun & unexpected ways! We will also create extended sequences with new intention and attention to detail that will make movement appear strong & dynamic, yet effortless & fluid. Ultimately, we will be making our movements "dance" in the air & transforming ourselves into the most engaging artist & performer we can be.

Invention for Dance Trapeze Immersion (Week B only)

April Skelton
\$ 280 (Limit 18 students) Ages 16+ or with instructor permission
Mon. Aug. 7 – Fri. Aug 11. 9 AM – noon.
CU 150

Prerequisites: Students should have reliable grip strength on both a bar (untaped or taped) while swinging, and on ropes, plus be able to comfortably hang from vertical grip on ropes for more than 45 seconds. Students should be able to invert over and over from under the bar or standing on the bar without jumping or tagging their feet. Students should be aware that we will be wrapping ourselves up in the trapeze and if you have not done much of that work on trapeze, it can be uncomfortable, and bruising or pinching is expected. 2-3 years experience of regular training on trapeze strongly preferred.

This immersion will explore the versatility of the dance trapeze, beginning with traditional dance trapeze vocabulary on day 1, and then adapting material from other aerial disciplines: fabric, sling, static trapeze, and lyra on days 2-4. We will have multiple varieties of single point trapeze to work on in our classroom, and will identify how different equipment construction lends itself to certain domains of vocabulary. On day 5, we will consider the aesthetic merits of adapting vocabulary from other disciplines, and the practical and safety considerations when adapting material. Students will identify the domains of vocabulary they feel most drawn to and the type of single point trapeze that best fits their goals, and leave with clarity about their own style and areas of interest, as well as tools for making their own material and vocabulary.

90-MINUTE CLASSES

These classes meet in either Week A or Week B. Classes offered in both weeks are the same class offered in a different time slot.

Aerial Dance Mixed Apparatus – Beginner (Week A only)

Angela Delsanter

\$140 (Limit 18 students) Ages 14+

Week A: Mon. July 31 - Fri. Aug. 4. 3:00 – 4:30 PM

Dairy Arts Center - Gordon

Beginner mixed apparatus will be an introduction to vocabulary in single-point trapeze, fabric, and sling. Students will also learn through improvisation exercises, how to incorporate their skills into movement from the floor to the air. By mid-week, we will have created short aerial dance combinations for you to explore. This class will be an amazing way to start off your journey into aerial arts. The skills you learn will be applicable from whatever aerial demographic you are passionate about. And above all, it is just going to be movement friendly to your body and so much fun.

Cyr Wheel: Beginning (Week B only)

Sam Tribble

\$140 (Limit 18 students) Ages 12+

Mon. Aug. 7 – Fri. Aug. 11. 1:00 – 2:30 PM

FFP ADS 1

Each session will begin with a 10-minute basic warm up incorporating stretches and body movement that will facilitate learning. Progressive Axis Training (PAT) technique will be explained and students will learn how to manipulate the Wheel in all three plans of movement in addition to understanding how to perpetuate momentum in the apparatus. Students will also be taught progression and safety

considerations for the art of Roue Cyr. After the initial warm-up, students will spend 20 minutes learning basic wheel manipulation for safety with the focus of finding control and predictability of their apparatus. The remainder of the class will be spent in and out of the wheel learning two basic techniques for "spinning" inside the wheel. An emphasis will be placed on learning various techniques for initiating the "waltz." Creative movement and individual styles of expression with the Roue Simple will also be explored.

Cyr Wheel: Intermediate (Week B only)

Sam Tribble

\$140 (Limit 18 students) Ages 12+

Mon. Aug. 7 – Fri. Aug. 11. 3:00 – 4:30 PM

FFP ADS 1

Prerequisite: Students must have proficient control of the waltz.

Each session will begin with a 10-minute basic warm up incorporating stretches and body movement that will facilitate learning. Progressive Axis Training (PAT) technique will be explained and students will learn how to manipulate the Wheel in all three plans of movement in addition to understanding how to perpetuate momentum in the apparatus. Students will also be taught progression and safety considerations for the art of Roue Cyr. Students who have proficient control of the waltz will learn tools for mastering more advanced skills such as spirals, one legged coin spin, hangs, and jump to support. Advance students will also be able to spend time working specific areas of their interest.

Fabric - Dynamic Techniques: Beats, Release and Semi Release Movements (Week B only)

Teo Spencer

\$140 (Limit 18 students.) Ages 16+

Mon. Aug. 7 – Fri. Aug 11. 3:00 – 4:30 PM

FFP ADS 2

Prerequisites: Advanced students only. Must be able to execute straight arm inversions and support flag positions (meathook / back flag or 'back balance') easily, be ready to perform acrobatic movements and have a conditioning level ready to take falls to the crash pad as well as lots of swinging from your hands.

A great complement to static technique, beats increase our sense of freedom in the element and are so cool!! We'll review the basics of beat technique, lose our fear of falling on a crash mat, and set individual goals for more advanced movements. I'll challenge you to work through a medley of semi release or "dynamic" movements suited to your individual skill level. We'll also begin working towards more advanced full release or "acrobatic" tricks like back flips and pirouettes. This workshop is great for students who are very comfortable with their hand strength, have a good knowledge of vertical elements and are looking for challenging movements to push their technique level.

Fabric - Post and Hang Creation Method (Week B only)

Teo Spencer

\$140 (Limit 18 students) Ages 16+

Mon. Aug. 7 – Fri. Aug 11. 5:30 – 7:00 PM

FFP ADS 2

Prerequisites: Intermediate to advanced students only. Minimum 1-2 years of committed time on vertical elements.

Post and Hang is an improv and creation technique that frees you to discover your own repertoire in vertical elements. The fabric is an infinite playscape and I am always amazed at what students create in this workshop. We'll start each day with a battery of categorized vocabulary broken into building blocks that we can then create with. We'll also take part of our daily time to dissect techniques from aerial straps to achieve greater efficiency in straight-arm inversions, flags, etc. and to open up new levels of technique in the fabric. We'll also take the time to use group presentation and collaboration as a platform for pushing sequences and performance technique. When we're too tired to climb anymore, we'll explore novel ways of using the fabric for duos and groups. The class can go pretty fast; make sure to bring a camera or smartphone to record the things you make, as we'll be building on them over the week. This class is a lot of fun and can help aerialists at most skill levels so just make sure you come ready to rock it!

Fabric – Int/Adv: Vocabulary (Week A only)

Sarah Romanowsky

\$140 (Limit 18 students) Ages 16+

Week A: Mon. July 31 - Fri. Aug. 4. 1:00 – 2:30 PM

FFP ADS 2

Pre-requisites: ability to safely execute a double star.

The world of Silks is ever-expanding with new transitions, tricks & drops. In this workshop, we will group together moves with similar concepts as well as explore a variety of approaches to achieve the same move. We will have themes each day that we dive into such as hip key drops, star entrances & exits, back saltos, fun climbs, belay entries, and much more! Come prepared to learn new moves & reexamine old ones. This workshop will be both fun & challenging for the intermediate and advanced student!

Flex & Stretch: Calisthenics, Stretching, Balance & the Mental Game (Week B only)

Sam Tribble

\$120 (Limit 18 students) Ages 15+

Mon. Aug. 7 – Fri. Aug 11. 5:30 – 7:00 PM

CU 350

Each 90-minute class begins with a warm up and partner stretches. Students learn how to stretch one other using active resistance and relaxation techniques for maximum efficiency to gain flexibility. Students will learn practical application of calisthenics to get stronger using your own body weight. And, exercises and techniques for strengthening and developing your core; plus moving in and out of the handstand in all planes. Beginners to advanced students will gain tools to increase active flexibility, learn about long term strength development and techniques for mastering planche, handstand push ups, and more. This class will be a fun fusion of body weight training and acrobatic movement both solo and with partners. (Some classes may conclude with guided imagery during a brief progressive relaxation session.)

Handstand Workshop: All Levels (Week B)

Yuki Tsuji

\$120 (Limit 20 students) Ages 14+

Mon. Aug. 7 – Fri. Aug 11. 1:00 – 2:30 PM

CU 350

Make your handstand more confident. This workshop will increase your understanding on acrobatics handstand mechanics (beginner level to advanced level). Handstand is a great supplemental training for aerialists, dancers and performers to balance out your other training and to improve your inversion awareness in the air as well as on the floor. This practice can also be meditative and improve your mental focus and clarity.

Skills covered: alignment/tightness, finger strengthening and awareness, different entrance/exit, balancing, mobility, press, handstand specific strengthening/conditioning, and MORE. If you already practice handstand, this workshop will refine your technique and streamline your practice. If you are a novice handstand practitioner, this workshop will lay the groundwork for your successful handstand journey.

Invented Apparatus: Improv & Choreography (Week B only)

Nancy Smith

\$140 (Limit 16 students) Ages 16+

Mon. Aug. 7 - Fri. Aug. 11. 5:30-7:00 PM

FFP ADS 1

Prerequisite: Must have an intermediate level of experience with aerial apparatus AND enjoy improvisational exploration.

Invented Apparatus engages you in an exploration through improvisation scores on a variety of suspended apparatus from Frequent Flyers' stash. Learn how to work on structures that are unpredictable using shared weight and gravity to advantage. Open your mind and explore, unlock your creativity...

Low-Flying Trapeze: Aerial Poetry (Week B only)

Valerie Morris

\$140 (Limit 18 students) Ages 12+

Mon. Aug. 7 - Fri. Aug. 5:30-7:00 PM

CU 150

Prerequisites: No previous experience necessary.

This aerial poetry class will be a balance between aerial dance technique and self-exploration on the low-flying trapeze (also called single-point or dance trapeze). We will learn vocabulary and we will then create sentences with the vocabulary, followed by full poems! Find flow in your transitions and new paths between point A and point B. We will explore all of the motions of the low-flying trapeze, so come prepare to fly, spin, and swing. Be prepared to have fun, learn, and create!

Low-Flying Trapeze - Intermediate/Advanced (Week A only)

April Skelton

\$140 (Limit 18 students) Ages 14+

Mon. July 31 - Fri. Aug. 4. 1:00 – 2:30 PM

FFP ADS 1

Prerequisites: Students should be comfortable inverting above the bar multiple times throughout class without jumping and performing a double crochet legs in the ropes, should have solid hip balances, and be OK with the bruising and pinching that can occur from wrapping ropes around the body.

The single-point trapeze is a delicious mixture of soft and hard, a triple-layer cake of dance space. In this class, we will borrow skills from the vertical world of silks and sling to build wraps that have you floating above the bar and drops that take advantage of the naturally closed circuit of the trapeze, we will work with transferring momentum and release from static trapeze to the wobbly surface of the single-point bar, and we will learn new and unexpected pathways from the ground to the low-flying trapeze bar and back again.

Lyra - Beg: Building Blocks (Week A only)

Sarah Romanowsky

\$140 (Limit 18 students) ages 16+

Mon. July 31 – Aug. 4. 5:30 - 7:00 PM

FFP ADS 1

Prerequisites: Students should be able to safely invert & climb up into the Lyra as well as execute movement on Lyra for 1+ min at a time.

Lyra provides the perfect tool to develop strength & flexibility in all areas of our aerial work. In this workshop, we will review routines to work all the essential muscle groups for achieving various movements. We will also work sections of choreography & tricks along with a variety of spinning techniques.

Lyra – Int/ Adv: Choreography (Week A or B)

Sarah Romanowsky

\$140 (class limit 18) ages 16+

Week A: July 31 – Aug. 4. 3:00-4:30 PM

ADS Studio 1

OR

Week B: Mon. Aug. 7 – Fri. Aug 11. 1:00 – 2:30 PM

CU 150

Prerequisites: Students should be able to pull up from a dead hang & execute movement on Lyra for 2+ min at a time.

Unlike the fabric apparatuses, we have to adjust our bodies to the lyra as it certainly won't adjust to us! Learn how to work with your apparatus & not against it through building movements one on top of the

other. This workshop will set you up for creating your own routine through extended tricks & sequences.

Modern/Contemporary Dance Technique – Intermediate/ Advanced (Week B only)

Katie Elliott

\$75 (class limit 40) Ages 18+ or parent and teacher approval

Mon. Aug. 7 - Fri. Aug. 11. 9:00 – 10:30 AM

CU 350

Prerequisite: Previous dance training

Even if your art form exists in the air your training can always benefit from a clear understanding of how your body moves on the ground through space. Katie Elliott's movement has an athletic style that incorporates full-bodied movement, clean articulation in the negotiation of space and quick dynamic changes in level, direction and intention. Elliott's class is informed by her background in classical modern dance forms and early ballet training. With emphasis on the release, momentum, and breath of movement, each class develops vocabulary through a thorough center warm-up that is elaborated upon to help students understand how the most complex movement can evolve from the smallest gesture. Anatomically sound alignment is emphasized, passionate performance through a personal relationship with the material is investigated and the joy of movement is emphasized inside the rigor of training as every individual is honored for their unique somatic voice. The first class for each week will be spent understanding the fundamentals of class format and vocabulary.

Rope & Harness: Tethered Dancing (Week A only)

Valerie Morris

\$140 (Limit 16 students) Ages 12+

Mon. July 31 – Fri. Aug 4. 1:00 – 2:30 PM

Dairy Arts Center - Gordon

This exhilarating class will be structured around learning basic rope and harness dance techniques. We will be working both close to the ground as well as higher in the air. The vocabulary taught will be combined with guided solo and group improvisations as part of the exploration process. This is an amazing core workout, and is not as intensive on the arms, for those planning on taking other aerial classes. Please wear multiple snug layers around your hips and waist for your comfort. If you have a harness, please bring it with you, otherwise, one will be provided. No previous aerial experience is necessary, other than be prepared to have fun and create!

Rope Vocabulary – Intermediate Technique (Week A or B)

Teo Spencer

\$140 (limit 18 students) ages 16+

Week A: July 31 – Aug. 4. 3:00 - 4:30 PM

FFP ADS 2

OR

Week B: Mon. Aug. 7 – Fri. Aug 11. 1:00 – 2:30 PM

FFP ADS 2

Prerequisites: We'll be climbing a lot in this workshop. Students should be able to execute consecutive straight-arm inversions multiple times and already mastered basic drops.

For those of us that have fallen in love with rope there's nothing better than a good vocabulary building session. We'll stack up climbs and falls to give us ammunition for future numbers. Attention will be given to drop technique and progression towards more advanced movements like reciprocal hip key roll up climbs.

Sling: Ground-to Air – Intermediate/Advanced (Week A or B)

Danielle Garrison

\$140 (class limit 18) Ages 16+

Week A: Week A: July 31 – Aug. 4. 5:30-7:00 PM

FFP ADS 2

OR

Week B: Mon. Aug. 7 – Fri. Aug 11. 3:00 – 4:30 PM

CU 150

Prerequisite: 1 Year of Aerial Experience on vertical or horizontal apparatus required.

This Intermediate sling repertory class will delve deeper into the art of aerial dance and explore the juxtaposition and balance between set choreography and authentic expression in a three-dimensional expressive space using low slings. Students will learn 8 minutes of stylized choreography then will be asked to manipulate the choreography to make their own piece. We will push the boundaries of our work to navigate our potential as performers and choreographers. We will allow each other to traverse beyond our comfort zones and say what we want to say in our work. What is our role as performers in the aerial genre in today's world? Somatic awareness, safety, technique, performativity, intention, theory, efficiency, texture, and transition-less movement throughout the unbound dance floor will be examined. The class also explores maneuvering through the unpredictability of the sling, partnering the sling, owning your movement, mastering suspension and weight-transfer, integration of ground and air, and being unapologetic in performance. Attention is given to the whole self while enjoyment of the artistic process and individual expression is prioritized.

Artist Biographies

Angela Delsanter approaches the Aerial world with a background in modern dance. She received a BFA in dance in 1995 from Ohio University. She moved to Boulder to pursue dancing professionally and fell instantly in love with Aerial Dance. She has been a professional company member with Frequent Flyers Production for 20 years and enjoys the many opportunities to choreograph, teach, and perform with the company. Her teaching style merges her love of ground based movement with aerial vocabulary, emphasizing composition skills with effortless flow through transitions. Low-Flying Trapeze continues to be her first love in Aerial Dance. She is also the Artistic Director of The Nederland Mountain Movers after school dance program. As well as a licensed Massage Therapist in Boulder.

Katie Elliott: With her partner Jim LaVita, Katie has been creating original evenings of dance/theater, site specific work and installations for more than twenty years. Her works have appeared on the stage in Colorado, at the International Dance Festival in Hong Kong, in Taipei, Taiwan, at American College Dance Festivals throughout the US, and at the American Dance Festival in Durham, NC. Elliott's wish to work across different genres and intersect with other communities has led to a variety of collaborations including an improvisatory music/dance concert in five movements with Grammy-nominated musician Art Lande, a shared evening with The Hannah Kahn Dance Company, an original piece made for the wearable "soundsuit" sculptures of visual artist Nick Cave, music collaborations with Zachary Carretin, Marcia Schirmer and The Boulder Bach Festival, and a site specific performance installation in collaboration with digital media artist Darwin Grosse for the Henry Moore exhibition at Denver Botanic Gardens. Through residencies as a guest artist, Elliott has set work on numerous university companies nationally and internationally. Most recently she taught a summer intensive at HUST University in Wuhan China as a guest teacher through a program initiated by Beijing Dance LDTX. Some of her commissions include St. Paul Ballet, Ormao Dance Company, Nancy Cranbourne's One Big Yes Productions, Boulder Ballet, Ballet Nouveau Colorado, Colorado Repertory Dance, and Interweave Dance Company. In recognition of her body of work, she received a Neodata Endowment Fellowship for artistic excellence. Elliott's early training as a dancer started at Ballet Arts with Barbara Demaree and Larry Boyette and then continued at a variety of private studios in Chicago, New York and London. Elliott graduated with honors from the University of Utah BFA dance program and received an MFA from the American Dance Festival/Hollins University Program. Elliott has had the honor of dancing with the Hannah Kahn Dance Company, Colorado Repertory Dance and many other independent artists in Chicago, New York and Colorado before founding 3rd Law Dance/Theater. Elliott, with her co-director Jim LaVita just received the "Legends of Dance in Colorado" honoring individuals who have made an outstanding contribution to dance.

Danielle Garrison is a Cum Laude graduate of the University of Illinois Urbana-Champaign. During 2007-2012, she was a dancer, choreographer, teacher and Assistant Director for Aerial Dance Chicago as well as an Artist for the Joffrey Ballet and the Colorado Ballet. Since 2012, Danielle has been dancing with Frequent Flyers® and is now directing the Student Company. Recently, Danielle has performed and taught at Frequent Flyers® Aerial Dance Festival, the Santa Barbara Floor to Air Festival, Aerial Ever After in the Olympic Stadium in Athens, Greece, the San Francisco Aerial Dance Festival, the Paloma Project and performed for Les Rencontres de Danse Aérienne in France. She is the second MFA Candidate with an emphasis in aerial dance at the University of Colorado, where she has been the recipient of the Beverly Sears Named Grant, CYE Award, UGGS Travel Grant, Eaton Travel Grant, and a Semi-finalist for Fulbright France.

Danielle Hendricks spent her childhood climbing fences, trees, balance beams and rooftops in Fresno, California. She earned Bachelor of Arts degrees in Kinesiology and Dance from the University of Colorado at Boulder where she graduated in 1999. Danielle is a nationally certified Pilates Instructor and teaches at Pilates Aligned in Denver, CO. She encountered Frequent Flyers in 1997 and began Low Flying trapeze classes with Nancy Smith in 1998. Danielle trained in the art of bungee dance with the "the grandmother of aerial dance/motivity," Terry Sendgraff, and has been teaching bungee dance at the Aerial Dance Festival since 2005. She is also fortunate to have studied and performed with David Dorfman Dance, Gabriel Masson, Boulder Ballet, Evolving Doors Dance, Hannah Kahn Dance, and many more gifted artists/teachers. Ms. Hendricks currently dances/performs with 3rd Law Dance

Theater (since 2005), and performs regularly in the historic Denver May D&F tower at The Cloctower Cabaret in "L'estrangerie Menagerie: A Circus," and other burlesque revues. She's been dancing, choreographing, and teaching with Frequent Flyers since 2002 and is looking forward to many more years!

Valerie Morris has been a dancer since 1980 and discovered aerial dance in 1996 with Frequent Flyers. She has had the honor of supporting FFP as the Education Program Manager for 3 years, and now sits on the Board of Directors, along with her roles as teacher, choreographer, performer, and life-long student. Her secret life as a scientist keeps her busy during the day, using stable isotopes in ice cores to unlock the secrets of global climate change.

Sarah Romanowsky is a versatile aerialist, blending her background in dance with her technical & artistic approach to silks, hammock, hoop and corde lisse. She has been seen in the air for TV projects such as Nickelodeon's Kids Choice Awards, Disney's Shake it Up & Chevy's Super Bowl ad featuring the cast of Glee. Stage productions include Radio City's New York Spring Spectacular, Cirque du Soleil's Amanzi, Fantasy at Luxor, and Ultra Music Festival. Sarah has been fortunate to travel the world both performing & teaching her craft. She specializes in strong, dynamic, musically-driven aerial choreography and thrives on sharing her art with audiences and students alike!

Born and raised in the land where Appalachia melts into the Deep South, **April Skelton** has been performing and teaching aerial arts since 2005, after beginning her own training at Canopy Studio in Athens, Ga., under the direction of Susan Murphy and later, Melissa Roberts. As a member of Canopy's Repertory Company, April has written and performed works on aerial silks, bungee harness, invented apparatus, static trapeze, pole, and lyra, but her favorite work is on the single-point trapeze. As a longtime aerial instructor, April co-taught Canopy's advanced adult aerial program in trapeze and bar-based apparatus with executive director Melissa Roberts from 2010-2014. She has co-directed and produced five full-length shows featuring Canopy's advanced students and Repertory Company, and more recently performed with Asheville Aerial Arts, and as a cast member of the production "Currents," based out of Charleston, SC. April is a licensed physical therapist assistant and uses her knowledge of biomechanics to inform her instruction. Among others, she has studied under Aimee Hancock, Elsie Smith, and Serenity Smith Forchion of NECCA, Rain Anya of Paper Doll Militia, and her mentor Susan Murphy, at whose Marsh Studio April has also taught. After completing a residency at NECCA in 2015, April relocated to Colorado's Front Range, but brings with her a fondness for the strange and grotesquely beautiful that only a Southern Gothic heart could love. She is currently Frequent Flyers' Education Director.

Nancy Smith originally wanted to be an astronaut or a racecar driver and instead became the founder and artistic director of Frequent Flyers® Productions since its inception in 1988 and the Aerial Dance Festival since 1999. She teaches Aerial Release Technique (A.R.T.) around the US. Her work with Frequent Flyers has been seen in Boston, California, Louisiana, Virginia, Montreal, the Bahamas, and throughout Colorado. Nancy has received numerous awards including "Living Legend of Dance in Colorado," "Women Who Light the Community", "Cutting Edge" Award, the "Pacesetters Award" for Arts and Entertainment, a Neodata Endowment Fellowship in Dance, and the "Arts Innovation Award". She is an instructor at Univ. of Colorado's Dance Dept. spreading the gospel of Aerial Dance. Along with co-author, Jayne Bernasconi, she wrote the first book on the history / theory of Aerial Dance.

Teo Spencer, during a year abroad, joined a burgeoning Argentine circus and became an acrobat. Immediately a dream was born of creating opportunities for others to do the same and inspiring them to do so. Teo was accepted into a highly competitive three-year program of study in circus arts at the University of San Martin, Argentina where he specialized in aerial fabric. After completing his studies and performing for premier companies such as Fuerza Bruta and Prix Dami, including presentations for the President of Argentina, Teo returned to North America to win “best overall performance” at the 2014 Denver Aerial Arts Festival. Teo currently performs for Pilobolus Dance Theatre and lives in NYC.

Sam Tribble is a former All American, elite level gymnast. He was MVP at UC Davis and team Captain of CSUF collegiate team. Sam has also been inducted into Sacramento's Hall of Fame for outstanding athletes. Sam has been training performing artist and high level athletes for over 30 years and is Strength Projects premier instructor which boast over 6 million subscribers.

Training competitive calisthenics athletes at Strength Project gym:

<https://www.youtube.com/watch?v=H13uII0oxLM>

A look at alternative fitness through basic partner balancing featured on LAmuscle.tv:

<https://www.lamuscle.com/lamuscleTV/fitness-training-videos/spinnovate-me-1>

Yuki Tsuji has been a multi-disciplined teacher for last 13 years in yoga, acrobatics, AcroYoga, Thai massage, skydiving and bodyflight. Her main handstand teacher is Jean-Luc Martion of San Diego Circus Center. She is also a licensed massage therapist and practices Thai Massage in Boulder CO when she's not teaching locally or traveling to teach. Her real passion is in helping her students to achieve physical and emotional balance and wellness, offering them opportunities to connect with their bodies and others, mindfully and playfully. Her other passion is being in the mountains. During her free time, she can be found rock climbing, skiing, trail running, mountain biking, speed riding and enjoying her friends company.

Website: yogayuki.com Facebook: [Yuki Tsuji Yogayuki](https://www.facebook.com/YukiTsujiYogayuki)