

## FFP Fall 2010 Aerial Dance Studio Class Descriptions

### Drop-in Classes

#### **Aerial Fitness Boot Camp Circuit**

**6-7pm Monday/Wednesday, 9-10am Tuesday, 12-1pm Thursday**

**Drop-in: \$16**

**4 Class Punch Card: \$60**

**Unlimited Aerial Fitness Classes for 1 session: \$75**

Get your body in first class shape with this drop-in fitness class! Using trapeze, aerial fabric, and other fun apparatus, you will increase your upper body strength, create abs of steel, and develop flexibility you didn't know you had. This drop-in fitness class is perfect for beginners to professionals and improves your performance in any sport or physical movement. No pre-requisite to join, except a desire to have fun will getting super-fit. This is a *drop-in* class.

#### **Open Gym**

**4-6 PM Tuesday/Thursday, 2:30- 4:30 PM Saturday**

**Drop-in: \$12**

**4 Class Punch Card: \$40**

**Unlimited Aerial Fitness Classes for 1 session: \$50**

Come and review / practice your skills on low-flying trapeze, hoop, fabric and other apparatus. This is the perfect opportunity to practice your skills, train to build strength in between technique classes, and just play. Pre-requisite: Must be currently enrolled in an FFP class OR have taken a class with Frequent Flyers within the last 12 months OR by permission.

### Session Classes- Listed by Day of the Week

The classes listed below occur once a week, for 4 consecutive weeks. There are 3 separate 4 week sessions in the fall.

Session 1: Tuesday, September 7th - Monday, Oct 4th

Session 2: Tuesday, October 5th - Monday, November 1st

Session 3: Tuesday, November 2nd - Monday, December 6th \*\*No classes Nov 22nd-Nov 27th

#### **Monday, 4-5 PM Aerial Playground (8-10yrs)**

**\$100, Class Limit 18**

This class is designed to keep kids engaged through a playful, yet focused, approach to learning aerial technique on a variety of apparatus. During the class session, students will learn low-flying trapeze, fabric, lyra (hoop), rope and other apparatus. Working with "stations" students will rotate through the various equipment. Kids will develop skills on each apparatus and may find they have a particular affinity for one of them. Through individualized attention, students will enjoy this exploratory class.

#### **Monday, 5-6 PM Apprentice Company Class (8-10yrs)**

**\$100, Class Limit 18**

This class is required for all Apprentice Company members, 8-10yrs. This class is ONLY open to Apprentice Company members.

**Tuesday, 6-7:30 PM Aerial Fabric: Level 1, 2 (10+)**

**\$100, Class Limit 18**

Using long ribbons of fabric, students will learn the basic climbs, keys (locks around the body), basic drops, and how to dance with the aerial fabric. Classes begin with basic conditioning and move into the air. All levels welcome to join this class.

**Tuesday, 7:30-9 PM Low-Flying Trapeze & Hoop: Level 1, 2 (10+)**

**\$100, Class Limit 18**

This class provides the most important building blocks for learning how to fly! Whether you are new to the low-flying trapeze & hoop or have already taken a class from us, you will receive individualized attention and progress at your own pace from beginner through advanced aerial vocabulary. It is suitable for all body types and abilities. Increase your flexibility, balance, strength and creativity. Perfect for anyone wanting to get their feet off the ground. No pre-requisite to join Level 1, 2.

**Wednesday, 4-5 PM Teen Fabric, Hoop & Trap (11-16 yrs)**

**\$100, Class Limit 18**

This class is designed for youth to regain a sense of play while working on body awareness, spatial awareness, and group dynamics, using a variety of approaches to learn aerial technique on different apparatus. During the class session, students will learn low-flying trapeze, fabric, lyra (hoop), rope and other apparatus. Working with "stations" they will rotate through the various equipment. Students will develop skills on each apparatus and may find they have a particular affinity for one of them. Through individualized attention, students will enjoy this exploratory class while gaining strength and time to focus on their developing bodies.

**Wednesday, 5-6 PM Apprentice Company Class (11-16yrs)**

**\$100, Class Limit 18**

This class is required for all Apprentice Company members, 11-16yrs. This class is ONLY open to Apprentice Company members.

**Thursday, 10:30-11:20 AM Low-Flying Fun (4-5 yrs)**

**\$68, Class Limit 18**

Let your children (and the child inside you) fly! In this class, kids and adults will be introduced to a variety of aerial apparatus including trapeze and fabric slings. We will use ground-based creative movement games for warm-up and developing coordination: from juggling scarves, streamers, parachutes and hula hoops, all in preparation of getting airborne. You will help your little ones not only have tons of fun, but build their self-esteem, coordination and spatial awareness while learning some aerial skills of your own.

**Thursday, 6-7:30 PM Aerial Fabric: Level 3,4 (10+)**

**\$100, Class Limit 18**

Using long ribbons of fabric, students will learn more advanced climbs, keys (locks around the body), drops, and improvisational skills with the aerial fabric. Classes begin with conditioning and move into the air. You must obtain teacher approval to take this class.

**Thursday, 7:30-9 PM Low-Flying Trapeze & Hoop: Level 3,4 (10+)**

**\$100, Class Limit 18**

This class builds on aerial vocabulary introduced in Low-Flying Trapeze & Hoop: Level 1, 2. You will receive individualized attention and progress at your own pace through more advanced aerial vocabulary, as well as hone your aerial improvisation skills. Must have teacher approval to join this class.

**Friday, 3:45-4:35 PM Lil' Flyers (6-7 yrs)**

**\$68, Class Limit 18**

Let your children fly! In this class, kids will be introduced to a variety of aerial apparatus including trapeze and fabric slings. We will use ground-based creative movement games for warm-up and developing coordination: from juggling scarves, streamers, parachutes and hula hoops, all in preparation of getting airborne. Your little ones will not only have tons of fun, but will build their self-esteem, coordination and spatial awareness.

**Friday, 5-6 PM Aerial Dance Composition (17yrs and older)**

**\$100, Class Limit 18**

So... you have taken class with FFP and mastered lots of vocabulary on some aerial apparatuses. What's next? Aerial Dance Composition! This class will teach you how to incorporate movement from the floor into the air, as well as develop your aerial movement into a graceful inspiring dance. In addition to traditional compositional techniques, we will use improvisational and partnering skills to create choreography. Come play! NOTE: This class is required for Apprentice Company Members, 17yrs and up.

**Friday, 6-7:30 PM Aerial Fabric Sling (10+)**

**\$100, Class Limit 18**

Experience the beauty of fabric without the need for all of the strength required for traditional fabric classes. The aerial fabric sling is an apparatus where the fabric is hung in a loop from the ceiling. We will be learning the basic hangs, wraps and transitions within this empowering and accessible apparatus. Open to all levels and abilities.

**Saturday, 10-11:30 AM Low-Flying Trapeze: Level 1,2 (10+)**

**\$100, Class Limit 18**

This class provides the most important building blocks for learning how to fly! Whether you are new to the low-flying trapeze or have already taken a class from us, you will receive individualized attention and progress at your own pace from beginner through advanced aerial vocabulary. It is suitable for all body types and abilities. Increase your flexibility, balance, strength and creativity. Perfect for anyone wanting to get their feet off the ground. No pre-requisite to join Level 1, 2.

**Saturday, 11:30-1 PM Stilts (10+)**

**\$100, Class Limit 18**

Learn the basic mechanics of moving, dancing and falling on stilts! Working in teams, we will learn in a safe and empowering environment. Please bring a used pair of sneakers to be attached to the stilts that you can leave for the 4 weeks with us. If you have kneepads (similar to roller-blade ones), please bring those as well. First class will mainly involve fitting

stilts to you and shoes to stilts, as well as safety basics. The remaining classes will focus on playing on the stilts.

**Saturday, 1-2:30 PM Aerial Fabric: Level 1, 2 (10+)**

**\$100, Class Limit 18**

Using long ribbons of fabric, students will learn the basic climbs, keys (locks around the body), basic drops, and how to dance with the aerial fabric. Classes begin with basic conditioning and move into the air. All levels welcome to join this class.