

FREQUENT FLYERS® AERIAL DANCE

Aerial Dance Professional Training Program Audition Requirements 2017-2018

Audition Dates:

Auditions: January 29th & June 4th, 2017

Acceptance: February 17th & June 23rd, 2017

Example Schedule on Audition Day:

12:00 check in and warm up on your own

12:30 group dance class

1:15 aerial dance class (both horizontal and vertical apparatus)

2:00 strength and flexibility requirements

2:30 individual interviews

3:00 individual audition piece showings (5 minute solo)

Cost \$75, to be paid day of with cash, check, or card

The Aerial Dance Professional Training Program involves rigorous physical training, and to do this safely, there is a base level of strength required. Listed below are the suggested minimums for each exercise.

Strength and Flexibility Exercises

	<u>Women</u>	<u>Men</u>
Front plank	60 seconds	60 seconds
Back plank	60 seconds	60 seconds
Right plank	30 seconds	30 seconds
Left plank	30 seconds	30 seconds
Handstands	30 seconds	30 seconds
Push ups (full plank)	5 repetitions	10 repetitions
Pull ups (hands forward)	3 repetitions	5 repetitions
Leg ups (toes to bar)	5 repetitions	5 repetitions
Knee hang sit ups (elbows touching bar)	10 repetitions	10 repetitions
Hamstring stretch (standing)	hands to floor	hands to floor
Center straddle	135 degrees	135 degrees
Right split	180 degrees	180 degrees
Left split	180 degrees	180 degrees
Shoulder flexibility	180 degrees	180 degrees

Questions:

Contact April Skelton, Education Director, april@frequentflyers.org

www.frequentflyers.org, 303-245-8272