

FREQUENT FLYERS® AERIAL DANCE

Aerial Dance Professional Training Program Course Descriptions

Aerial Dance Technique

Focuses on learning and expanding the students' vocabulary on a particular apparatus at their personal skill level. Classes will include instruction in warm ups, conditioning, stretching, and skills that pertain to the specific apparatus in focus. The apparatus in focus rotates every six weeks and includes training in Fabric, Rope, Lyra, Low-Flying Trapeze, Static Trapeze, Rope and Harness, Bungee, Invented Apparatus, and more!

Aerial Fitness

Engages students in exercises and somatic practices that will enable them to dance in the air with ease and endurance, while maintaining proper alignment to prevent injury. This course includes classes focused on stretching, strength building, and more. Each student sets his or her own fitness goals and must take fitness tests throughout the program to ensure progress.

Ground-Based Movement

Covers a wide range of movement styles including, but not limited to: Ballet, Modern, Jazz, Pilates, Contact Improvisation, Handstands, Stretching, Performance/Clowning, and Acrobalance.

Improvisation/Choreography

Provides instruction in a variety of improvisation and choreographic techniques and tools for the unique demands of creating aerial dances.

Open Gym

Provides open practice time in which students have access to FFP facilities and equipment. Students will practice skills they have learned in their technique courses, work on their personal fitness goals, and create movement for their composition exercises and performance pieces.

Performance

Focuses on learning and developing the skills required to perform aerial dance, including the development of an artistic voice, stage presence, focus, elements of composition and improvisation, and more. The students will choose a focus in creating solo work, learning repertory with a group, or creating ensemble work.

Private Lessons

Gives students the opportunity to have focused instruction on topics of their choice. An instructor with a high level of skill in their chosen topic will tend to their individual needs and goals. Students are encouraged to use this time for either extra practice in areas in which they struggle or to specialize in a specific aspect or apparatus of aerial dance.

Workshops

Includes both lectures and experiential classes based on a wide range of topics pertaining to aerial dance. These workshops are meant to aid in a student's preparation to be an aerial dance artist by teaching skills outside the scope of aerial dance technique.