

Static Aerial or Fixed Point Ropes and Silks Participants Information Sheet –Spring -19

INTRODUCTION TO THE AERIAL EQUIPMENT

Static Aerial:

Static trapeze

Static trapeze is a trapeze that is usually 6 feet or more off the ground. Performance commonly involves poses, hangs, drops and rope skills.

Aerial hoop

Aerial hoop, also known as 'circeaux' and 'lyra' is an apparatus that looks like a suspended hula-hoop. Performance on this apparatus combines trapeze skills with static poses and postures.

Fixed Point Rope and Silks:

Rope/Corde Lisse

Rope, also known as Corde Lisse is an apparatus that resembles a vertically hanging rope, but it is usually made from soft cotton about 25 – 30mm thick, with a loop on the top side of the rope. Performance usually combines held postures, wraps and drops.

Aerial silks

Silks, also known as 'tissues' or 'fabrics' is an apparatus consisting of a long piece of cloth with the centre of the cloth suspended from above. Performance on this apparatus combines wraps, drops and held postures.

MEET THE TUTORS

Samara Casewell teaches Aerial Silks, Aerial Hoop, Single Point & Static Trapeze. She also practices Hand balance, Contortion and Acro balance. She taught Rainbow Pole and Aerial Fitness in Barnsley and has taught youth aerial for several years at Greentop Circus, Sheffield.

Gareth Bailey has been performing and teaching Aerial for over fourteen years. He along with his doubles partner, Lyn Routledge; specialise in solo and doubles cord lisse (rope). During his time as an Aerialist he has had the pleasure of teaching many students on a number of different circus courses, including Circomedia, circus space, Dans and Cirkushogskolan in Sweden and Brighton's Aerial dance festival and performing in high profile events such as The Royal Variety Show. He currently teaches rope and silks for Nottingham's Tuyoo Circus Arts, and is excited to be able to teach the skills which he loves in his home town of Derby.

THE CLASSES

- **ADULT AERIAL (16 years +)**
Aerial All Equipment
(with Gareth) 6 Week course starting 12 January 2019 & again for 6 weeks on 2 March 2019

NEW CLASS the introductory course offers training in predominantly Trapeze to help participants build strength, stamina and confidence in the air. This is a great class for those new to Aerial or those that want to have a go!

- **ADULT AERIAL (16 years +)**
Static Aerial
(with Gareth) 6 Week course starting 12 January 2019

Each class will start with a warm up and some pre-conditioning on the floor. The last 30 minutes of the class will be aerial conditioning and more intensive stretching. In between times we will work on the trapezes and hoop starting at the beginning of the course with basic beats, learning how to get up on the equipment and progressing at the students own speed onto different tricks and combinations. In the last week, we will visit rope skills ahead of the new course starting.

- **ADULT AERIAL (16 years +)**
Rope and Silks
(with Gareth) 6 Week Course starting 2 March 2019

Each class will begin with a half hour warm up, and end with a half hour conditioning and cool down session. Over the six weeks participants will learn some of the core vocabulary for both rope and silks, whilst developing the strength and flexibility needed for more advanced material.

- **JUNIORS AND YOUTH AERIAL (Ages 7 – 18, Years 3 – 13)**
All equipment,
(with Anna) 6 week course starting 12 January 2019 and again on 2 March 2019 for 7 weeks

Each class will begin with a group warm up. During class the participants will learn how to mount and dismount equipment and learn a series of basic trapeze/ aerial hoop moves throughout the block. The class will end with a cool down and stretch. The Improvers course is designed for those who have already done the beginners course and challenges the individual further.

FREQUENTLY ASKED QUESTIONS

How much do the classes cost?

ADULTS STATIC AERIAL AND ROPES AND SILKS – £84.00 for a 6 week course (2 hr class per week)

ADULTS INTRODUCTORY TO AERIAL- £42.00 for 6 week course (1 hr class per week)

JUNIORS AND YOUTH - £ 30.00 for a 6 week course and £ 35.00 for a 7 week course, (1 hr class per week)

Courses can be booked through the Box Office, by calling 01332 370911. Limited capacity so advanced booking is essential.

Do I have to be fit and healthy to take part?

To safely take part in a Static Aerial or Fixed Point Ropes and Silks course, you must be in good health, without injury and have a good level of upper body strength. **You must not take part in these classes if you are pregnant.**

When doing these classes, you must take good care of your hands and feet and take proper care of any calluses and blisters that may develop over the course. Please speak to your tutor at the beginning or during the activity if you develop either of these.

Will this get me fit?

Static Aerial or Fixed Point Ropes and Silks courses will increase strength, stamina and flexibility as well as giving an all-round workout; especially working core and upper body muscles. Within a few weeks you'll develop strength and muscles you never knew you had!

Tutors will always deliver a comprehensive warm up and cool down before and after every activity. If you feel tired or fatigued at any time during the activity you must tell the tutor and follow their advice.

What should I wear to a class?

You are advised to wear close fitting dance style clothing – leggings, leotards etc. T-shirts and tight tracksuit bottoms are also suitable but your top/t-shirt must be long enough to stay tucked in at all times. Please avoid clothing with zips or button fastenings which can get caught in the equipment. It is really important that the backs of the knees are covered. The classes are all done in bare feet.

All jewellery must be removed and any body piercings (especially those around the midriff) must be removed or taped. Long hair must be tied back safely.

How high off the floor will I be?

Between 1 and 4 metres, dependent on experience and ability. This will be assessed by your tutor.

Are there risks associated with Static Aerial or Fixed Point Ropes and Silks classes?

All physical activity carries an amount of risk so all classes at Déda including Aerial are assessed, then guidelines and procedures are put in place to minimise that risk. Our experienced Aerial tutors will ensure all participants have all movements explained and demonstrated before they try anything themselves and wherever possible tried at ground level before using the equipment. Participants are only to perform moves that have been demonstrated and agreed with the tutor and are advised to hold on to the equipment at all times unless advised to do otherwise by the tutor in charge of the activity.

There will be crash mats under all equipment and gym mats around the area where the activity is taking place.

How many people will be in each class?

To ensure participants have sufficient time on each piece of equipment, we have limited our class capacities to a maximum of 10 for each course.

Can I just come and watch? Can my parent/guardian come and watch?

We want everyone who takes part to be comfortable, safe and have as much attention from the tutor as possible; therefore we will not be allowing any spectators into the studio when classes are taking place.

Will I feel dizzy or disorientated doing Aerial activity?

As some of the time is spent in an inverted position there may be times when you feel dizzy or disorientated. You should always take your time when regaining an upright position and this should reduce the risk of you feeling this way.

The tutor will monitor how long you are in this position and if you begin to feel dizzy or disorientated then you must tell the tutor immediately and you will be encouraged to take your time to dismount from the apparatus and to take a break.

It is always important to stay hydrated throughout the activity. Please make sure that you drink plenty of water before and during the activity.