

## **Aerial Curriculum**

Students interested in aerial are encouraged to start with **Circus Gymnastics** if they are younger than 8 yrs old, to prepare them in the basics of balance, core strength and focus.

**Aerial instruction** begins at 8 years old with **Aerial Intro A** and can continue into young adults **Aerial Performance**. The goals of aerial are to master the core strength, flexibility and focus required to hold oneself in the air while performing different moves safely on a specific apparatus. Students can focus on tissue, sling, hoop, rope or trapeze, or sample all of the options. After a student has progressed beyond Aerial Intro B, 2 classes per week are recommended in order to progress at a more rapid rate.

**Stretching and Conditioning and Modern Dance** for aerial students are all recommended add-on classes to build strength, coordination and skill that will translate to a well-rounded skill set for aerial students. Aerial Performance is where the students begin to use their own imaginations and skills learned to create routines to share at events for family and friends.

### **UMO Methods of Instruction**

We start class with a group warm up and strengthening led by the instructor. We discuss core strength, center and balance. After our floor warm up we move to the equipment and rotate through a series of strength exercises. Each week we add at least one challenging skill.

Everyone is expected to do all warm ups and at least attempt all activities (unless they have an injury). Listening and cooperation are required as aerial can be a dangerous activity.