

Aerial Fabric (Silks) Class Descriptions

Aerial fabric (also known as silks or ribbons) is a circus art in which aerialists do challenging climbs, wraps and poses while hanging from a long, flowing piece of fabric. It's an apparatus that requires dedication and patience. Mastering it takes athleticism, control, basic flexibility – and a commitment to building strength and skill through careful training and plenty of hard work.

LEVEL 100

Level 100 is for those who have taken the Introduction to Aerials class and have a foundation in aerials. In this class you will work mastering the basic skills and techniques and learn the mechanics of silks, including climbs, foot locks, hipkeys, transitions, straddles and more. Students move forward according to lesson plan and ability; when you've mastered simple sequencing and skills like hipkeys and straddles in the air, you'll be ready to move on to more advanced levels. Ages 13 +.

LEVEL 200

Level 200 is for those who have mastered basic climbs, hipkeys, footlocks (in the air), straddles and have the ability to perform basic transitions without coming down. In this level you will learn more advanced skills and drops and develop sequencing and transitions needed for performances. Ages 13 +.

LEVEL 300

Level 300 is for those who have mastered the basics and wish to challenge themselves with more combos and sequences. Must be able to invert in the air, execute cross back straddle, star drop & dive, and are ready for more complex transitions and drops. Has the ability to effortlessly perform transitions while remaining in the air for 3-5 minutes. Ages 13+. Registration requires permission of the instructor.

***For all levels please wear close fitting clothing that covers the knees,
no zippers, and bring a t-shirt for use in moves.***