

### Class Level Descriptions

Aerial circus arts are a fun creative form of expression. Aerials involve challenging inverts, climbs, wraps and poses while suspended in the air. All apparatuses require dedication and patience. Mastering skills takes athleticism, control, basic flexibility and a commitment to building strength and skill through careful training. Although taught in a group setting, aerials are very much an individual practice based on each person's uniqueness. Don't compare yourself to others rather set your own goals.

#### LEVEL 100

Level 100 is for those who are new to aerials. In our level 100 classes participants will work on mastering basic skills, techniques and safety precautions. Students move forward based on strength and skill level.

#### LEVEL 200

Level 200 is for those who have mastered techniques such as climbs and inverts in the air. Participants are comfortable on the apparatus for 1-2 minutes at a time. In level 200 participants learn more advanced skills and drops and start to develop sequencing and transitions.

#### LEVEL 300

Level 300 is for those who understand transitions and have the strength and ability to remain in the air comfortably for 3+ minutes. Participants will be challenged with more dynamic and complex transitions and drops.