

AERIAL FITNESS

Instructor: Amanda Topaz
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COURSE DESCRIPTION:

Safe instruction in the techniques of aerial acrobatics. The art of climbing, as well as basic skills, drills, and some choreography will be taught using aerial silks, static trapeze and rings. This is an open level class (Can't do a pushup? Who wants to?)

COURSE OBJECTIVES:

The student will:

- Perform appropriate warm up exercises prior to climbing.
- Climb, wrap a footknot, stretch split in the air, hang from two ankles, and invert in the silks
- Execute the proper technique for sitting and standing on trapeze, bird's-nest, gazelle, and five angels
- Practice "Skin the cat", pike needle, and various holds on the rings.
- Stretch in and off the fabric at the end of class.
- Have a feeling of accomplishment and well-being after learning new "seemingly impossible" skills in the air.

COURSE REQUIREMENTS:

- Adhere to the attendance and lateness policies of Barnard Physical Education Department (See attendance policy handout)
- Wear appropriate attire to class including a shirt that covers armpits and midriff as well as pants that cover the back of the knee.
- Practice personal hygiene with clean feet for climbing fabric
- Assist with the set up and striking of the class equipment.

TENTATIVE COURSE SCHEDULE:

- Orientation
- Equipment/Safety/Climbing Basic Techniques
- Proper Warm up and Stretching for aerial work
- Figure 8 Footknot and proper standing balance in air
- Stretching Split off ground in aerial silk
- Introduction to Static Trapeze
- Proper sitting and standing technique/footwork on bar
- Beginning choreography on Trapeze
- Basic Gymnastic Ring exercises for aerial work
- Inversion and leg wrap on silk
- Beginning choreography in silk including footknot progressions and inversion progressions
- Beginning Transitioning Skills on Silk and Trapeze