

One 4-week session of Aerial Basics or Aerial Fitness (or prior training) is required to enroll in the apparatus classes: (Trapeze, Fabric, Hoop & Spanish Web). Private instruction is also available to prepare you for these classes. One week of ADOD Camp, 3 sessions of classes, or 2 of our Cirque du Soleil Master Classes are required to enroll in the Performance & Choreography Class.

Aerial Basics:

An excellent introduction to Aerial Dance utilizing aerial apparatuses. Learn a beautiful and effective way to dance and work out that isn't possible without each apparatus while gaining strength and proper technique.

Aerial Fitness:

Work out the FUN way! Utilizing 2 different types of aerial apparatuses in each class, exercises designed to improve strength & flexibility will be performed in the space between the ground and apparatus & on the apparatus with levels of difficulty to suit each individual. An Exciting, Effective way to become the "ultimate you"! No experience necessary.

Low Flying Trapeze: (Low, Moderate, & High levels)

The trapeze is suspended from the ceiling at a single point with 2 ropes coming down to a bar at about shoulder height. The dancer can dance between the ground and the bar, up on the bar, or climb up to loops and other bars, thus making dancing in the space above ground possible. Other types of trapezes will be used as well, making this the most versatile apparatus.

Fabric: (Low, Moderate, & High levels)

Silk fabric is suspended from the ceiling enabling the dancer to dance in the air using the fabric.

Hoop (Lyra):

A hoop is suspended from the ceiling and can be at any height. Gorgeous dance movements can be achieved using this apparatus. Many believe this to be the most graceful & powerful of all apparatuses.

Spanish Web:

A long white rope suspended from the ceiling, (similar to those in gym class but softer), the "web" forms as the dancer wraps the rope around him/ herself while moving into various positions. Amazing spinning and circling moves are also performed by attaching a hand/foot loop. It really is like flying!

Aerial Adventure: Bungee Dance, Swing Line, & Giant Swing): No experience needed. Harnesses are provided or you may bring your own.

Bungee: 2 bungee loops are suspended from 2 points from the ceiling which the dancer harnesses into and is then able to dance and flip in the air without being a gymnast!

Swing Line and Giant Swing:

A static rope is suspended from the ceiling which the dancer harnesses into and is then able to flip, swing, & circle while dancing in the air. Develop core strength the easy, fun way! We'll form the Giant Swing by harnessing into 2 lines and thus be able to dance and flip while flying across the room securely harnessed in! Great Fun!

Aerial Choreography & Performance:

Learn to set your aerial moves to music! Routines & performance techniques will be taught in this class. Provides excellent training for those interested in becoming part of the "ADOD Performing Corps" to perform for events at Aerial Dance Over Denver & other venues.

Flexibility & Contortion:

Increase your flexibility to create extraordinary lines in your aerial work.

Private Instruction:

Private & Semi-Private Lessons are available for developing & perfecting individual or group Aerial routines, one-on-one technique training for beginner-advanced levels, preparation for new students to enter classes, & for anyone with irregular schedules that make class participation inconvenient or inconsistent.

Aerial Yoga:

Traditional yoga positions are transferred to aerial apparatuses, especially fabric, with an added dimension making it extremely effective & uplifting. The benefits of traditional Yoga are achieved plus additional strength, flexibility, circulation, and lengthening are accomplished by inverting the positions. Taught by one of Denver's best loved Yoga instructors, Josh McGirk (720 935-9980) has been trained in Aerial Yoga to gently guide you through this new work. No Aerial or Yoga experience necessary.

Chipmunks:

A pre-aerial dance class for age 6 learning basic dance moves using the various apparatuses "as a partner" to develop knowledge and strength in preparation for aerial work. A fun new way for children to dance!

Flying Squirrels:

A continuation of the Chipmunk class for age 7. This is a perfect way for young children to work with aerial apparatuses before going into the apparatus classes open to ages 8 and above.

Strength & Practice:

An adult is present but no instruction or help is given. Participants must know how to use the apparatus correctly before mounting and may only do what they already know how to do safely without help. This session provides an opportunity to practice what you have learned & to keep your strength up in between classes. A variety of apparatuses will be available, but some moves such as swinging and circling will not be allowed if more than 8 people are present. Individual routines may be practiced to selected music once per session until everyone who wishes has had an opportunity to play their routine. A \$12 fee per practice and a WAIVER SIGNED BY AN ADULT is required before entering practice space.

After School Aerial Club:

Mondays (& possibly Tue or Thurs) from Sept-May at 4:15-5:30pm. An opportunity for after school fun & friendship while learning & enjoying all of the aerial apparatuses in our studio. Ages 7-18. All levels.

Summer Camp:

Learn, play, dance & work out on aerial apparatuses inc. Low Flying Trapeze, Bungee Dance, Fabric, Hoop, Spanish Web, Swing Line, & Giant Swing! Plus learn juggling, magic, hoop dancing & more! Each week will have a special surprise activity! Come enjoy a unique, exciting summer camp experience with our outstanding instructors! Kids, Teens, & Adults! No experience needed! All levels. Weekly sessions.

Off-Track Camp:

Contact us to arrange your own Camp, (same description as Summer Camp above) if you & your friends are on the Off-Track school system & would like to arrange a 1-5 day camp for your group. All ages, all levels.

Master Classes, Seminars, & Workshops:

Offered from time to time, a unique opportunity to work with renowned artists to enhance and enrich student's performance, technique, and enjoyment of Aerial Dance. Students are highly encouraged to sign up for these activities when available!

Fun On Thursday Nights - Juggling, Belly Dance Fusion, Hoop Dancing & More:

Jugglers With Altitude Juggle Club, Belly Dance w/ PhiraPhoenixFire of The Flames of Bellydance, & Kaivalya Hoop Dancers. Open to anyone interested. See info: www.AerialDanceOverDenver.com

Wear Comfortable non-slippery, non-baggy clothes, (to avoid getting tangled in apparatus), without beading, rivets, buckles etc. No jewelry. Tie hair back to avoid getting pulled in apparatus. Please wear a sleeved shirt & pants, leggings, or tights, (preferably cotton), to protect skin from abrasions & to keep apparatuses clean. Tape, preferably the stretchy flesh colored type, to protect hands from blisters is helpful for camp. Most prefer to be barefoot; jazz or ballet shoes are optional.

**Birthday Parties, Events, & Aerial Performances are like no other when held at Aerial Dance Over Denver!
Gift Certificates Offered! REALLY Surprise Someone!!!**

IMPORTANT INFORMATION:

Waiver forms signed by an ADULT and payment in advance are required by all aerial participants, so please plan ahead to avoid disappointment. Safety procedures are discussed at the beginning of each new session and it is each participant's responsibility to be present for that discussion.