

# FALL 2019 ADULT PROGRAM Schedule

Please see website for most up-to-date schedule: [www.aerialworkscastlerock.com](http://www.aerialworkscastlerock.com)

ADULT DROP-IN CLASSES IN RED -- can use punch cards or a monthly plan on these classes (monthly plan includes free open gym time). Must be Age 16+

SESSION COURSES IN BLUE -- must pay per session for these courses or be enrolled in our performance plan package. Performance courses are typically 8 weeks in length and require a commitment to be in the upcoming show. Each performance course requires that you complete the prior skills session.

Session A = Aug - Sept | Session B = Oct - Dec | Session C = Jan- Mar | Session D = Mar - May

## Mondays

6:30 PM Beg & Int Fabric Skills in Sessions A & D // Beginning Sling Performance in B & C = Dec, Mar

7:50 PM Beginning Sling Skills in Sessions A & D // Level 1-2 Sling in Sessions B & C

7:50 PM Level 2 Sling Skills in Sessions A & D // Level 2 Performance in B & C = Dec, Mar

## Tuesdays

5:30 PM Level 3 Fabric

6:30 PM Solo & Duet Performance

6:30 PM Intro-to-Aerial for Adults (4-Week Courses)

7:40 PM Level 1-2 & 2-3 Fabric Performance (Performs in A & D = Sept & May)

## Wednesdays

5:30 PM Level 3 Dance Trapeze Performance (Performs in Dec)

6:30 PM Level 1-2 Hoop Performance in Sessions A & C // Level 1-2 Hoop & Cube Skills in Sessions B & D

6:30 PM Beginning Trapeze Skills in Sessions A & C // Beg. Trapeze Performance in Sessions B & D

7:50 PM Solo & Duet Performance

7:50 PM Level 2 Trapeze Performance in Sessions A & C // Level 1-2 Trapeze Skills in Sessions B & D

## Thursdays

4:30 PM Straps Class

5:30 PM Level 3 Sling (Performs in A & D = Sept & May)

6:30 PM Beginning Hoop Skills in Sessions A & D // Beginning Fabric Skills in Sessions B & C

6:30 PM Level 2-3 Hoop Skills // Hoop Performance in Session D (Performs in May)

7:50 PM Duet Skills Course

7:50 PM Rope Skills in Sessions A, B & D // Rope Performance in Session C (Performs in March)

## Saturdays

9:00 AM - 10:10 AM Conditioning -OR- Flexibility

10:20 AM - 11:20 AM Intro-to-Fabric -OR- Intro-to-Hoop

11:30 AM - 12:30 PM Intro-to-Trapeze -OR- Intro-to-Sling

12:30 PM - 2:00 PM OPEN GYM

## SAVE THE DATE: Adult Program & Pre-Professional Shows:

4th Annual Aerial Hoopla | Friday, Sept. 27, 2019 | 6pm & 8pm

4th Annual Circus Chronicles | Thursday, Dec. 19th, 2019 | 6pm & 8pm

\$12 in advanced | \$15 at the door

### Adult Punch Card Passes

4 Class Punch Card \$95 | expires in 3 months

8 Class Punch Card \$175 | expires in 6 months

20 Class Punch Card \$340 | expires in 1 year

*Session pricing varies on the course.*

*Please see website for info.*

*ASK about our monthly plans if interested!*

### Adult Punch Card Policies

*You must enroll for each class you plan to attend through our online system (pike13) prior to showing up at the studio. This helps us to prepare the space with the right number of apparatuses.*

*Space is limited in our classes and they can fill up. If you cannot make it, please cancel at least 6 hours in advance of class to avoid a punch being used for class. Thank you.*

### OTHER FUN THINGS

*Watch for Dates for our Photoshoots, typically held once per semester.*

*Always check our calendar for other fun classes and workshops!*