



## BEGINNERS AERIAL SLING INSTRUCTOR COURSE DESCRIPTION

The Beginners Aerial Sling Instructor Training Course provides a great entry point into teaching aerial fabric for fitness, using both closed and open fabric skills. This course will provide you with every aspect you need to start teaching confident and effective aerial sling classes for adults in your community.

## COURSE MOVES

### MOUNTS

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| <ul style="list-style-type: none"> <li>- Grounded Mounts</li> <li>- Emergency Dismount</li> <li>- Delilah Mount (single and double leg)</li> <li>- Pull Over to Single and Double Hocks</li> <li>- Closed to Open Fabric (Seated)</li> </ul> | <ul style="list-style-type: none"> <li>- Front Balance                             <ul style="list-style-type: none"> <li>o Pull Over to Front Balance</li> <li>o Pull Over to Front Balance (Open Fabric)</li> <li>o Reach and Roll to Sitting</li> <li>o Single Leg Thread Through to Horse</li> <li>o Sitting to Front Balance</li> <li>o Lift to Dolphin</li> </ul> </li> </ul> |
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### CLOSED FABRIC POSES FROM SITTING

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| <ul style="list-style-type: none"> <li>- Basic Seats</li> <li>- Coffin</li> <li>- Single and Double Leg Cradle</li> <li>- Mermaid</li> <li>- Angel</li> </ul> | <ul style="list-style-type: none"> <li>- Reverse Angel</li> <li>- Arabesque</li> <li>- Crucifix</li> <li>- Inside and Outside Star</li> </ul> |
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### STANDING CLOSED FABRIC POSES

### INVERTED CLOSED FABRIC POSES

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| <ul style="list-style-type: none"> <li>- Lamp Post</li> <li>- Bow and Arrow</li> <li>- Splits Variations</li> <li>- T-Stand</li> <li>- Pedal Wraps</li> <li>- Leana</li> </ul> | <ul style="list-style-type: none"> <li>- Straddle</li> <li>- Gazelle</li> <li>- Hiplock</li> <li>- Single Leg Crochet</li> <li>- Double Leg Crochet</li> </ul> |
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### SEATED OPEN FABRIC POSES

### INVERTED OPEN FABRIC POSES

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| <ul style="list-style-type: none"> <li>- Seated Butterfly</li> <li>- Kneeling Butterfly</li> <li>- Standing Butterfly</li> <li>- Crane</li> <li>- Layback</li> </ul> | <ul style="list-style-type: none"> <li>- Skirted Lady</li> <li>- Inverted Mermaid</li> <li>- Open Fabric Gazelle</li> <li>- Plough</li> <li>- Pencil</li> <li>- Vampire</li> </ul> |
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## COURSE UNITS

Unit 1: Warm Ups and Cool Downs

Unit 2: Basic Aerial Sling Moves

Unit 3: Teaching and Coaching

Unit 4: Choreography

Unit 5: Class Planning

Unit 6: Health and Safety

## COURSE REQUIREMENTS AND PRE-REQUISITES

### You will need:

- a minimum of 1 years' aerial silks or sling experience (recommended)
- access to the internet via a PC, laptop, or mobile device
- access to at least 1 aerial sling
- a minimum of 2 hours' study/training time per week (to complete the course within the 1-year deadline)
- a device to film videos on (mobile phones are allowed)
- at least 1 student for the teaching assessment
- basic first aid and anatomy knowledge is also recommended

## COURSE ASSESSMENT

This course has two main parts to the assessment; a theory assessment and a practical assessment.

Theory Assessment	Practical Assessment
Answer theory questions related to each unit of the course. Questions are multiple choice, or short answers.	<p><b>Part 1: Class Introduction.</b> Film an introduction to a typical aerial class, as outlined in the course.</p> <p><b>Part 2: Warm Up.</b> Film a warm up, as outlined in the course.</p> <p><b>Part 3: Teaching Moves.</b> Teach 3 individual moves from the course to at least 1 student.</p> <p><b>Part 4: Combination of Moves.</b> Film a combination of 5 moves from the course syllabus.</p> <p><b>Part 5: Cool Down.</b> Film a cool down, as outlined in the course.</p>

Available online and face-to-face, see [www.spincityinstructortraining.com](http://www.spincityinstructortraining.com) for pricing.

Questions about the course? Email [spincitymentor@gmail.com](mailto:spincitymentor@gmail.com)