

THE FABULOUS FEET DANCE STUDIO

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Aerial Dance Silk class/Flight Rules

RULES OF PLAY:

- Conditioning is vitally important for injury prevention.
- Only use silks when the assigned instructor is in the room.
- No swinging on the fabric
- No jewelry, (rings, bracelets, watches), zippers, etc., that may snag the fabric.
- Hair should be pulled back securely. If you have long hair, please secure in a bun.
- Leotard and shorts are preferred in class to help prevent fabric burns.
- Use of smart phones... Feel free to take photos and videos of yourself and classmates, HOWEVER, please follow the rules for proper spotting and safety of classmates. Phones in the classroom should not be a distraction from class.
- GUESTS: Guests are not allowed to watch classes from inside the silks room. Family and friends are welcome to watch class from the second level.

BE COURTEOUS:

- Be courteous to other classmates while practicing skills and working with an instructor.
- If a student is currently working on a new skill with an instructor, please respect this time and do not interrupt. Wait until the instructor is done assisting the current student and then ask questions.
- Don't be a "SILK HOG"  Make sure to share silk time with other classmates.
- Use caution when on the silks, but HAVE FUN!!!



NOTEBOOKS

Notebooks are a good addition for each student (Not mandatory for the beginning levels, but advised for the intermediate and advanced levels) You can write your skills down in a book and keep record of how you are progressing with these skills. Also writing down reminders you may need such as which side the tail is on. Which foot is your strongest for the skill. Which leg or side do you wrap or roll up.

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NEW SKILLS

- In aerial dance, the goal is to make each individual move look effortless so that they are not distractions to the overall picture that is evolving on stage.
- Do not use silks alone: only use if instructor is present in the same room.
- Master new moves down low before working on them incrementally higher on the fabric.
- Always have a spotter assist you.
- Learn your new skills from the assigned instructor. You may then review these skills with the help of a class assistant. Please do not learn a new skill from a fellow classmate.
- A skill is not officially learned if you still need verbal assistance (talking through the skill)
- There is always room for improvement with aerial skills. After accomplishing a new skill, it is necessary to practice this skill in repetition. A general skill should be practiced at least 3-4 times in succession every class. These skills must be done grounded before moving incrementally higher on the fabric. Please follow this rule as it is crucial for the safety of the aerialist.
- Once a new skill is feeling comfortable, combining two skills together is the next step. This too should be practiced at least 3-4 times every class.