

## Aerial Artistry® Instructor Training Program Information



Thank you for your interest in the Aerial Artistry® Instructor Training Program.

This program is intended to cultivate competence, confidence and a strong work ethic whilst guiding you to become a proficient, knowledgeable and passionate aerial instructor.

My goal is to inspire you to achieve excellence in the aerial world and for you to empower your students to do the same!

By learning and following the structured teaching methods of the Aerial Artistry® curriculum you will become prepared to deliver safe yet exciting journeys for all students.

AAGC instructor's are enthusiastic and invested in personal growth and continued learning both for themselves and the aerialists they teach.

As part of the program you have the rare opportunity to take a deep dive into the instructor roles here at Aerial Artistry®, to gain a greater understanding of how our team works, why our students thrive under our guidance, and what it takes to become successful in this field.

Enclosed is some additional information on the program, so you can obtain a better understanding of what's involved and whether it's the right program for you.

### **2022 Program Dates:**

Sunday July 24th, Sunday July 31st, Sunday August 7th,  
9am-5pm @ Aerial Artistry® GC - Helensvale

### [REGISTER HERE](#)

The comprehensive program covers the following subjects, broken down into three core parts:

- **Part 1. Foundations and Fundamentals of Aerials & Aerial Instruction:** Fundamental aerial skills, communication, class planning, warm up's, strength & conditioning, spotting, injury prevention, rigging basics and more
- **Part 2. Beginner & Level 1 curriculum for aerial silks**
- **Part 3. Beginner & Level 1 curriculum for lyra (aerial hoop)**

### **What is involved for program participants?**

#### **In Person Program Requirements:**

Each part is approximately 8 hours total.

Sessions are a combination of theory and practical work so please come prepared to be physical!

Attendance to the in person sessions are compulsory.

#### **Other Requirements:**

##### **Online Exams**

You will be sent online theory exams following each in house training block. Theory exams must be completed in order to receive your certificate. You have up to 3 months following the program to complete/redo online exams where necessary.

##### **In House/Video Assessment**

You will be guided through a practical assessment as part of your certification. This may be completed in person or via video submission.

## Aerial Artistry® Instructor Training Program Information

### Shadow Coaching

As a new instructor (and if you are wanting to apply for an instructor role at AAGC) you are required to complete a minimum of 25 hours as a Shadow Instructor.

This enables participants to gain practical experience and be assessed on your competency as an up and coming instructor.

This is an unpaid role and may be done at the Aerial Artistry® studio for AAGC members, or your home studio if not a member.

If you are already a competent instructor and are taking part in the program to enhance your knowledge, this may not be necessary (please speak with your studio manager to discuss your requirements).

### All participants receive:

- Instructor Training workbook
- Applied Anatomy of Aerial Arts book
- AAITP certificate upon successful completion of the course
- Access to select curriculum content online throughout duration of the course
- Opportunity to apply for a role as an AAGC instructor!

### Course Pre-Requisites

- Minimum 12 months aerial experience (silks &/or lyra)
- Competently and correctly demonstrate fundamental aerial skills on both silks and lyra. Silks: Inverts, basic & russian climbs, foot locks, hip locks. Lyra: Inverts/mounts, double and single knee hangs, tuck/pike up to knee hang on top bar
- Display satisfactory aerial strength to execute all Beginner-Level 1 skills in a controlled and safe manner
- Good general fitness
- Basic knowledge of human anatomy is preferable but not essential Eg. bones, muscles, movement terms etc (Knowledge equivalent to Cert III Fitness or similar is desirable!)
- An amazing attitude, desire to continuously grow and learn and a passion to evoke greatness in others!

*Unsure if your current skill level meets criteria?*

*Please contact us for guidance. The prerequisites set out are necessary skills you are required to be competent in, for the commencement of the course.*

*Please note you may be asked to submit a video application in order to assess your competency and suitability, prior to being accepted into the program.*

### Course Fee & Payment Options

**Full Course:** \$1400

**AAGC Members Fee:** \$1300

**Part 1. + either Part 2 Silks or Part 3 Lyra:** \$990 (AAGC Members \$900)

Payment plan options available. \$100 deposit required to secure your place in the program.

*Part 1 is a compulsory component of the program. However you can opt to participate in only the silks or lyra components depending on what suits your needs.*

*Secure your place in the program, register here: **[AAITP 2022 Registration](#)***

*For more info please contact me via the email address below.*

Yours in Fitness & Flight  
Rony

Rony Elisara  
Aerial Artistry® Owner/Director  
e. [rony@aerialartistry.com.au](mailto:rony@aerialartistry.com.au)  
Studio Mobile: 0434 496 848