

STAR ACADEMY OF DANCE & AERIAL ARTS

2022-2023 SEASON

Junior Aerial Classes

- ❖ Level 1 – ages 8-13, beginner level
- ❖ Level 2 – ages 8-13, intermediate level (1 year of experience; *able to do footlocks by themselves, able to climb by themselves, working on full sequences by themselves, etc.*)
- ❖ Level 3 – ages 8-13, intermediate advanced level (2-3 years of experience; *able to do hip-keys, large drops, etc.*)
 - ❖ Level 4 – ages 10-14, advanced level (3+ years of experience; *able to do full sequences with large drops*)
- ❖ Level 5/6 – ages 11+, most advanced level (3+ years of experience; *full understanding of aerial apparatuses*)

Mondays

5:15-6:30 – Junior Aerial 1

6:30-7:45 – Junior Aerial 2/3

Wednesdays

6:15-7:30 – Junior Aerial 3/4

Thursdays

5:15-6:30 – Level 5/6 Aerial

6:30-7:45 – Junior Aerial 1/2

Fridays

5:00-6:15 – Junior Aerial 2-4

6:15-7:15 – Open Gym

Saturdays

8:45-9:45am – Family Aerial