



## Participating in Aerial Arts: Silks & Hoop Class FAQs

### **Minimum Health Requirements**

Our classes are designed for new and experienced students who may not have a lot of core or upper-body strength. All levels, ages, and body types are welcome. Students must be in good health, and in proper physical condition to participate in such activity. Clients with the following physical limitations should consult their doctor before participating in aerial class: pregnancy (not recommended), glaucoma, recent surgery (especially; shoulder, eyes, back, hips, hands or wrist), heart disease, very high or low blood pressure, easy onset vertigo, osteoporosis / bone weakness, recent head injury, cerebral sclerosis, propensity for fainting, carpal tunnel syndrome, severe arthritis, sinusitis or head cold, hiatal hernia, disc herniation or acute, discogenic disease, recent stroke, artificial hips, radiculitis (inflammation of nerve root in spine), severe muscle spasms, botox injections (within 6 hours).

### **Will this get me fit?**

Absolutely! Aerial is one of the most effective ways to build strength. It is fun, challenging and rewarding at the same time.

### **How long will it take me to learn aerial?**

Students are encouraged to learn aerial at their own pace. Our programme is designed for all body types and abilities. Students with high levels of conditioning and a strong background in movement such as gymnastics, dance, yoga, rock-climbing, pole dancing or martial-arts often advance more rapidly because they already possess a greater body awareness and greater level of physical conditioning. Students with a lower strength to weight ratio will need to focus on conditioning and weight loss to be able to progress through the levels in class. To progress more rapidly, students should come to class every week.

### **Soreness and stiffness**

Aerial work is a highly intense fitness programme. Expect to be sore after class. Soreness should last 2-3 days (aka 48 hour DOMS), and typically occurs in the fingers, forearms, back, and abs. If soreness lasts longer than 5 days, consider taking a break until completely healed. Even if new students are in good shape, as with any new movement practice, they will probably still experience soreness. Aerial work is a unique fitness programme because it introduces the body to the instability of suspension. The body must strengthen all the tiny

stabilizer muscles that don't normally get used. Expect to experience soreness regularly after class for about 4-6 weeks. Calluses are normal on the palms and fingers especially after hoop work. You may experience bruising in such places as your inner thighs and backs of knees. This is also normal as your body adjusts to being suspended in the air!

### **What can I do to build up my strength for aerial?**

A great way to condition for aerial class is to work out at home and/or add to your usual gym routine. Here are some of the most helpful exercises to do outside of class:

- Pilates type leg lifts (scissor legs)
- Forearm grip toners (squeeze balls, springs, gyro-balls)
- Pull Ups
- Lat Pull-downs
- Incline Sit-ups (legs raised)
- Hanging leg-lifts

### **I am a complete novice, is this really for me?**

Everyone has to begin at some point, come along and give it a try, you'll love it in no time!

### **How much does it cost?**

Prices differ depending on the location of class – ask your teacher for more details. Classes are always cheaper if block booked and paid for at the start of every term. Places in class are not always guaranteed so it is recommended to always book your space in class to ensure you're not disappointed!

### **What facilities are available?**

All our venues have changing facilities, toilets, accessible changing areas and drinking water available. Classes take place in rooms with designated rigging for aerial class, please take care when entering an aerial studio.

### **Is there an age/height/weight limit?**

Children aged 8-16 years are welcome in our young people's session and then 16 years and over are welcome in our adult classes. There are no height limitations and maximum weight is up to 90kg.

### **Are there any other opportunities for me to get involved?**

artsNK & Transported run regular community performance opportunities, which you can voluntarily opt to take part in. We work towards an end of year show (usually in July) to showcase everyone's hard work to parents, friends and family. All our performance opportunities are optional however everyone will be offered the opportunity to take part.

In your first session, you will be asked to complete a health screening form and disclaimer, please outline any health conditions on there and talk it through with your aerial teacher. We are here to help you get the best out of class, so please don't be afraid to talk to us.