



ONE MONTH COURSE IN CIRCUS ARTS

ONE MONTH OF INTENSIVE CIRCUS TRAINING WHERE YOU WILL LEARN A RANGE OF EXCITING AERIAL AND ACROBATIC DISCIPLINES



COURSE OVERVIEW

Our One Month Circus Intensive is a course designed for individuals who want to take part in short-term intensive training. Over the course of the month our specialist trainers will guide you through 25-30hrs of classes a week, with a timetable that has been designed to help you develop and refine your physical, mental, and creative abilities!

You will gain an incredible foundation of knowledge in a wide variety of aerial and acrobatic skills, as well as developing skills that complement your ability in aerial and acrobatics - in classes like dance, performance, and extension.

WHO IS THE COURSE FOR?

Our course is for anyone with a passion and commitment to developing their skills in circus arts. Our only requirements for acceptance onto the course are that you have a good level of fitness, and are committed to developing your skillset.

We are proud to cater for different levels on our course, our trainers are skilled in ensuring that all students are working and developing at a level suitable to them.

Our student groups are usually made up of people with a large range of different prior experiences - actors, dancers, recreational aerialists, physical theatre specialists, martial artists, and personal trainers - to name a few!

FEES, PAYMENT, & FUNDING

The course costs £1200 in total, this investment covers 4 weeks of full time training - Monday to Friday, 10am-4pm.

To confirm your place on the One Month Intensive we require the full amount to be paid via our website. If you need to split your payments to make the course more accessible this is possible, we will create an interest free payment plan to best suit your needs.

As a not for profit organisation we are not able to provide funding for the course, it is our aim as an organisation to make our courses accessible to all, and we actively engage in researching and applying for funds to help us offer bursaries to students. There are a number of arts organisations that offer grants to creatives wishing to develop their practice, example organisations include Arts Council England, and Creative Scotland.



COURSE CONTENT

During your course your classes will be focused on building a solid foundation of knowledge and ability across many disciplines:

- There will be a focus on technique and understanding of the skill in your classes, as well as growing your knowledge of static and dynamic skills in each discipline.
- During dance and performance classes you will develop a 'toolkit' of creative exercises for working as both an individual and within groups - in addition to gaining a stronger understanding of the subjects, and building on your abilities.
- Specialist skill classes will focus on introducing you to skills outside of aerial and acrobatics.
- Journaling sessions will give you the opportunity to review what you have been learning, and strengthen your understanding.
- You will have weekly self practice sessions allowing you to review and strengthen what you have been learning in classes, as well as further explore disciplines learnt in your specialist skill classes.



CLASSES

CORE AERIAL

Aerial Hoop - Silks - Rope - Static Trapeze - Straps - Flying Trapeze

In these classes there will be a focus on strength and technique, making sure you develop a strong foundation of knowledge in each discipline. You will learn static and dynamic skills within the classes, and learn how skills might be linked together when performing.

CORE ACROBATICS

Acrobatics - Handstands - Acrobalance - Trampet and Trampoline

These classes are designed to help you develop strong foundational knowledge of acrobatics, which will compliment your aerial training. You will learn a wide range of skills and techniques in each class, which you will also utilise in your graduation showcase.

COMPLIMENTARY TRAINING

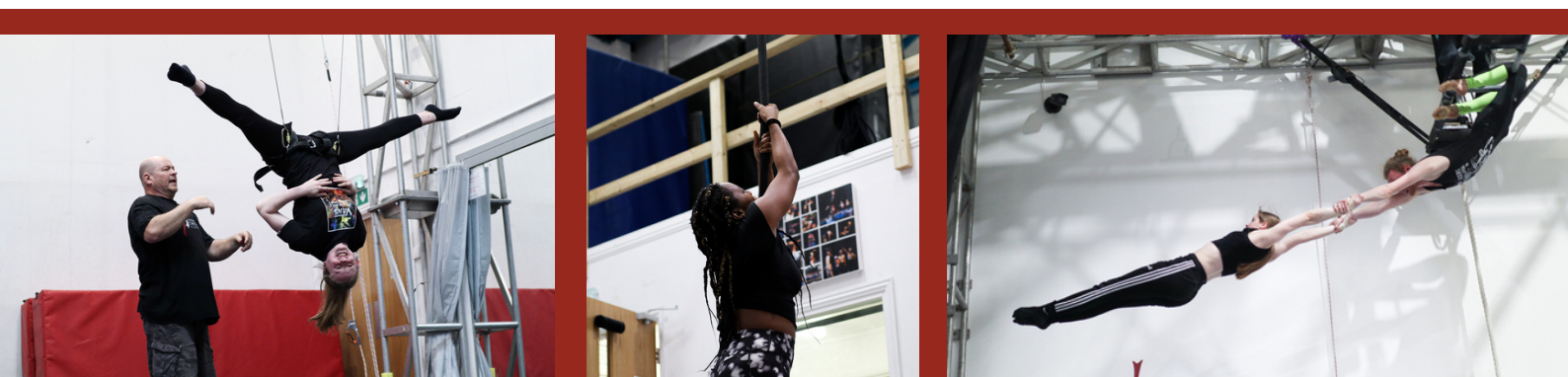
Stretch, Extension, and Flexibility - in these classes we will help you develop and maintain your flexibility levels, as well as developing awareness of how to create beautiful lines when performing.

Dance - our dance classes focus on how aerialists can use dance skills and styles to elevate their performances, you'll learn how to work creatively with different aerial equipment and different dance styles.

Performance - during performance classes you will learn to work both individually and as a group, and learn how to create and develop ideas for individual aerial performance as well as group performance.

SPECIALIST SKILL WORKSHOPS

Injury Prevention and Wellbeing - Rigging - Juggling - Poi



WHY US?

AirCraft Circus Academy has been providing circus classes, workshops, and performances to people for over 20 years; and we've learnt a lot over those years!

We've run over 28 intensive courses, which has enabled us to develop and refine our course to provide the right environment and teaching for students to leave the course having grown and developed as aerialists.

When you come to AirCraft Circus Academy you join our family, we love to keep up to date with our alumni, and continue to support their journeys through our open training sessions and other development offerings.

“I had such an amazing time and it has been one of the best things I have ever done.”

2023 One Month Course Graduate





FURTHER QUESTIONS?

SEND AN EMAIL TO INFO@AIRCRAFTCIRCUS.COM AND WE'LL BE HAPPY TO ANSWER ANY QUERIES YOU HAVE

