

*The After School Programs of Honey Creek Community School present*

# Aerial Silks

**DESCRIPTION:** Learn the basics of aerial silks, from how to climb to how to drop - SAFELY! Classes will begin with warm-up and stretching, followed by intro to new techniques and review of old ones. Students should already be in reasonably good shape and free from injuries, and **MUST** be able and willing to follow the instructor's directions in order to stay safe.

**MEET THE INSTRUCTOR:** Lillian Richards is a long-time resident of Michigan who has a love of teaching and learning. She has been training in aerial silks at Ringstar Studio for the last three years. She is also a member of Ring of Steel's Cirque Surya. She has performed at multiple venues such as Bay City's Tall Ships Celebration, YpsiFest, and the Saline Celtic Festival. Currently, she is the aerial arts director of Gymco in Grand Rapids.

**Wardrobe:** Students should wear clothes that are form fitting or close to it, as loose, baggy clothing can get caught in the silks. Clothes should cover the knees, hips, and underarms. Students who choose to wear tights should make sure that they are footless tights, not footed and **NOT** convertible. Long hair should be restrained in a bun or pony tail and students should refrain from wearing any jewelry: including rings, bracelets, necklaces, earrings, anklets, etc. Silks are practiced barefoot so there is no need for special shoes or socks.

**Snack:** Bring a small, healthy snack (fruit), & please avoid nuts, and lots of processed sugar that will make you sleepy.

**WHEN:** WEDNESDAYS from 3:15 – 4:30pm & from 4:30-5:45pm from January 29th, 2020 to May 6th, 2020. Any dates canceled due to snow will be made up in May/June.

**WHERE:** Media Center

**WHO:** Students in grades 4th-8th will get priority (minimum class size of 4; maximum class size of 6).

**COST:** \$10/class. **Please make checks payable to "Lillian Richards." EACH CLASS MUST BE PRE-PAID by NOON the Friday before AT THE LATEST otherwise your spot may be given to the next person on the list.**

**ANY QUESTIONS:** Contact Lillian Richards at [lillianrichards@gmail.com](mailto:lillianrichards@gmail.com)

Please check each date you wish to participate. All registration forms must be completed and returned (with payment) to the After School Programs **NO LATER THAN NOON THE FRIDAY BEFORE YOUR FIRST CLASS.**

1/29		2/5		2/12		2/19		2/26		3/4	
3/11		3/18		3/25		4/8		4/15		4/22	
4/29		5/6									
<b>CIRCLE ONE: 3:15 or 4:30</b>				<b>TOTAL # OF CLASSES:</b>				<b>x \$10/CLASS=</b>			

STUDENT NAME		ROOM #	
PARENT NAME		EMAIL:	