



CIRQUE DE SILK
AERIAL ARTS

Beginners Guide



Welcome! Well done for taking your first steps to joining us in the air!

We know joining your first aerial class can feel daunting, so we are here to make the process as smooth sailing as possible. We've created this Beginner's Guide for you so you have all the information you need before joining a class with us. You will find a special discount from us to say thank you for reading this guide and joining us for your first taster! From how to find us, to what to wear and what to expect, we've got your back!

So let's get started....



1. General info.

At our studio you will be able to find water filling station, toilets, and a place to put your belongings during the class.

What to bring:

- A water bottle (if you forget one week we do have cups in our office, just ask a teacher when you arrive at the class)
- Phone to document your progress and show off what you've learnt in class - we love progress snaps!

All class bookings are made via our [booking system](#). We do not offer cash payments or walk ins so please make sure you book onto our class online before turning up to the studio. This is due to limited class numbers and we don't want a class to be overbooked.

Beginner Discount just for YOU!

As a thank you for making use of our beginner guide we would like to save you £5 on your first class! Use BEGINNER10 in the discount code section of our booking system and you'll only be charged £10 for your first aerial class with us, meaning you're saving £5 for being a newbie to aerial. It's a win win! This can be used on a drop in class so there's no future daunting commitment ahead of you.

This way you have no obligation to signing up to a membership you can come try it out and see if aerial is for you!

Once reading through this guide you can use this discount code on our [booking system](#) and we look forward to meeting you at your first class!



2. Beginner Friendly Classes

We call our beginner friendly classes 'Level 1'. This means this class is suitable to complete newbies, or those who have been training at a beginner level with us. Once students get more confident with the discipline they can move to a Level 2 class. Our teachers will let you know when they think you are ready to move up to the next level.

Level 1 Classes

Level 1 Silks Monday 7:15pm - 8:15pm

Level 1 Hoop Friday 6pm - 7pm

Should I join aerial silks or aerial hoop as a beginner?

This is a question we get asked a lot! And to be totally honest it just depends on each individual. Aerial Silks can take more upper body strength when it comes to climbing and holding yourself up in the air. Aerial Hoop can be less intense on the upper body as you can sit in the hoop and create shapes without holding yourself in the air, but it can give you some 'aerial kisses' which are also known as bruises for your first couple of classes whilst your body gets used to the equipment. We would recommend giving both classes a go and see what your body takes to best!

What to expect in your first silks class?

In your first silks class you will learn the fundamentals of how to hold yourself safely and correctly in the air, especially focusing on shoulder positioning. You will learn moves in the 'knot' or also known as 'sling', this is where we tie a knot in the silks which allows you to do moves more supported in the air. Some moves you will be looking at will be,;

- Front Stag
- Back Stag
- Gazelle
- Straddle
- Footlocks
- Climbs



Silks Beginner Moves

Front Stag



Back Stag



Hammock



Straddle in the knot



Layout



Footlock





2. Beginner Friendly Classes

What to expect in your first hoop class?

In your first hoop class you will be getting confident with hanging on the hoop, looking especially at safe shoulder position. You will learn how to mount the hoop through pike, straddle, and delilah. You will also learn some of our fundamental moves on the hoop which include:

- Man on the moon
- Seated Stag
- Buddah
- Mermaid
- Gazelle
- Delilah
- Secretary
- Double hoax hang
- Candlestick

Find our hoop beginner moves on the next page...

Class Timings

Each class is 60 minutes long, you will share equipment between 1-2 beginners during the class. Sharing equipment is standard practice in aerial classes and allows students to benefit from;

- Preventing overexertion and burning out within the first 20 minutes.
- Managing muscle soreness
- Having rest periods like you would at the gym to allow the muscles to recover
- Being able to learn from watching others before jumping straight on the equipment. Aerial arts also is a good brain training exercises, it can really help to watch videos or others do it in the air first before attempting yourself.
- Plus the social aspect is one of the main reasons students like to attend class!



Hoop Beginner Moves

Man on the
moon



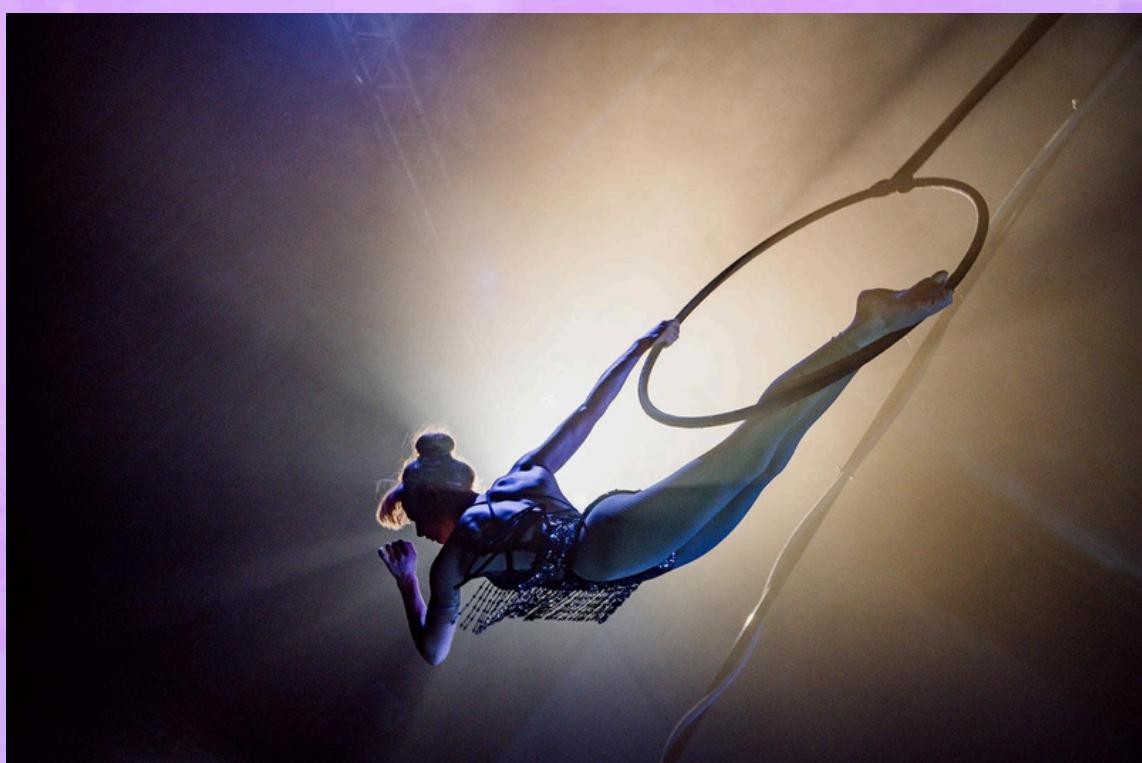
Seated
Stag



Buddah



Mermaid





3. Class Structure

Timings of your class;

- Warm up 5 - 10 minutes
- Class Content (Shapes, tricks and sequences) approx 45 minutes
- Cool down 5 - 10 minutes

Warm up

We start our classes with a 10 minute warm up to make sure we've increased our heart rate to get the blood pumping around the body, this also helps getting the synovial fluid moving in the joints to prevent any injuries. Our warm ups include a 3 minute CV warm up, followed by a full body mobilisation, and then finishing off with a light stretch to prepare the body for the more flexy moves in the air.

Class Content

You will start the class with some aerial conditioning exercises to get the body prepared for the training in the air. This might include exercises like shoulder shrugs, knee lifts, straddles, and more! You will then move onto either mounts on the hoop or straddles / climbs on the silks. Once your body is fully ready for training then the teacher will get stuck in with tricks, poses and will usually finish with bringing them all together in a little sequence.

Cool down

This will be a combination of upper body and lower body stretches to slowly bring the heart rate back down and ensure the body is well stretched after it's worked super hard! The stretch part is important to help prevent injuries and ensure the muscles have less DOMS the next day.



4. After class

How am I meant to feel after my first aerial class?

In the following days after your first aerial class, you may discover muscles you have never thought existed before! Aerial is a full body work out and a great way to improve strength quickly without realising. Whilst you focusing on the moves there is so much engagement happening from your core, legs, shoulders, arms, and glutes! It is normal to experience DOMS (delayed onset muscle soreness) anything from 1 - 4 days after your first class. If the muscle soreness comes on day 2, don't panic this is very common. We advise you are hydrating well, getting enough protein to help with muscle recovery, get plenty of sleep and allowing your body to rest for a couple of days whilst experiencing DOMs. We promise the first class always tends to leave you with the most soreness as our body is getting used to this new sport. Once your body gets familiarised with using these muscle groups and used to being on the equipment the soreness will ease each week. On the other hand some might feel completely fine after their first class and not experience any muscle soreness - we are all different and it's important to listen to your body!

Bruising or fabric burns?

Don't panic if you notice a few bruises on the back of your legs after your first aerial class. This can be common for some people after their first aerial class, as your body is getting used to the equipment. In hoop you might notice bruising under the knees when you are hoisting onto the hoop. With silks you might notice slight bruising/ burns on your thighs or on the feet from learning how to do a footlock. As we said above not everyone experiences this but we like to let you know that it is totally normal and it does ease each class as our body gets used to the equipment.



5. Our community

Cirque de Silk Vibe

Here at Cirque de Silk we ensure we create a supportive, friendly and safe environment for all of our community. Our students can feel this safe space just from stepping into the studio on their first class. Our students love to cheer their fellow class members on and we are all here to boost each other up! If you've had a rubbish day, we promise you coming to class is one of the best things you can do! We are all about empowerment at the studio, we want you to leave feeling strong, happy and part of a community. Our teachers are there to make sure you feel safe and supported in a class so you can leave feeling you have achieved something! You might think you are just joining an aerial class but really you are finding your tribe!

To get a feel for our vibe check out our instagram page [here](#).





6. What to wear?

The question that always goes through each student's head before their first class...

We recommend gym wear, something that is comfortable to move in and also covers up your stomach and your legs. If you turn up in crop top or shorts you can expect to get more burns and bruises! Please ensure you remove ALL jewellery before attending a class, you can keep this with your belongings in our personal belongings cabinet. This is for your own safety and also for the safety of the equipment. If it's winter season you might want to bring a jumper to keep you warm in the warm up, we have central heating in the studio so it tends to stay nice and warm throughout the year.





7. How to find us.

Studio Tour

You can view our studio tour [here](#), where we take you through entering the building and making your way up to the Aerial Attic Studio.

We are opposite coffee #1 on the high street. You'll see the white door to the Crispin Hall. If the front door is shut please ring our doorbell on the left-hand side and a teacher will be down to let you in. You'll have the florist & cafe on the first floor. Go up the 3 x sets of stairs and we will be on the left; there should be plenty of signage to help direct you. Any issues call the studio on : 01458 897170

Toilets : After first set of stairs you have the toilets on the left. If there is a sign saying they're closed please ignore this as it is for the general public, Cirque de Silk students are allowed to use them. CODE: CXY6 turn the handle to the left.

Where to park:

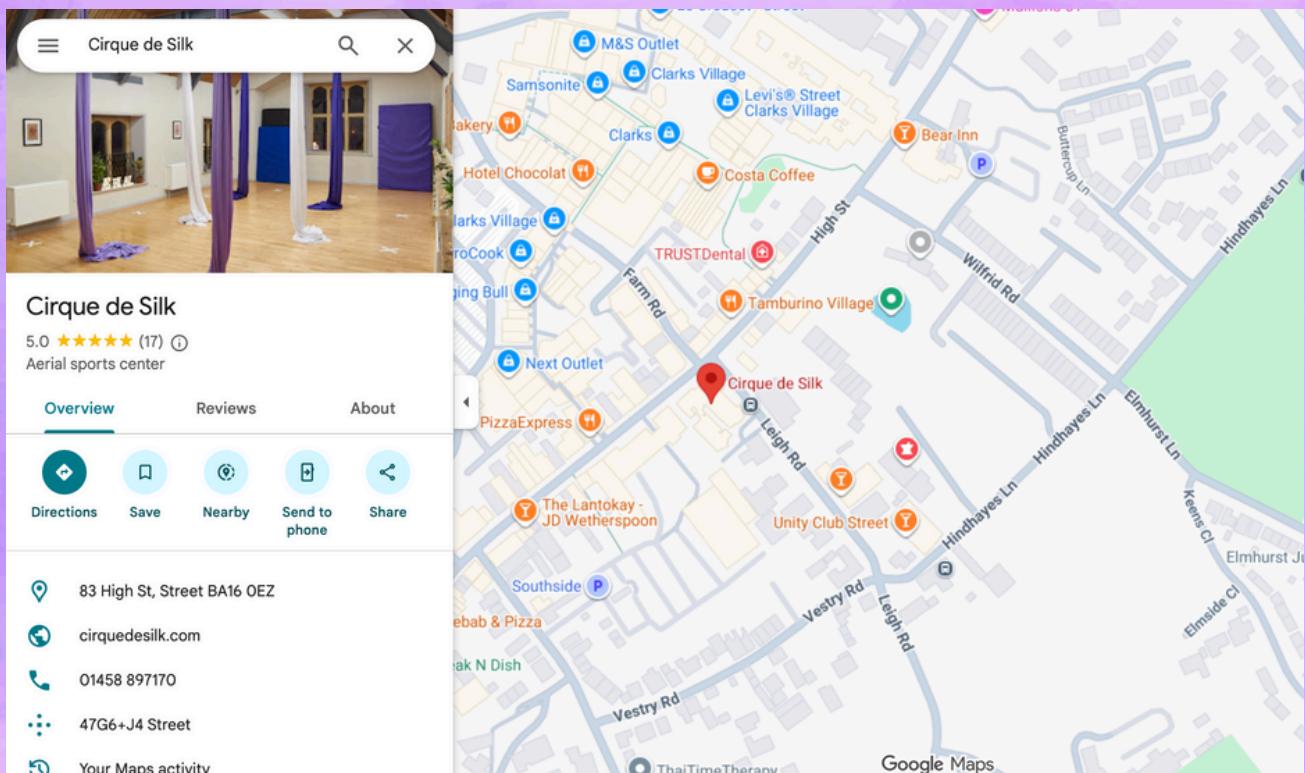
- Southside Car Park (3 minute walk from the studio, free after 6pm)
- Clarks Village Car Park
- Cranhill Road Car Park
- Goswell Road Car Park (2 hours max stay)
- On-street Car Parking around Merriman Park (Free)

You can also search for us on google which will take you directly to the studio - please see on the next page!



7. How to find us.

📍 Cirque de Silk, 83 Highstreet, Street, Somerset, BA16 0EZ



Now it's time for you to make the first step and book your first class with us. Don't forget to use that first time discount code 'BEGINNER10' for your first class [here](#).

We can't wait to start your aerial journey with you and welcome you into the studio!