

welcome to the

# FOUNDATION COURSE

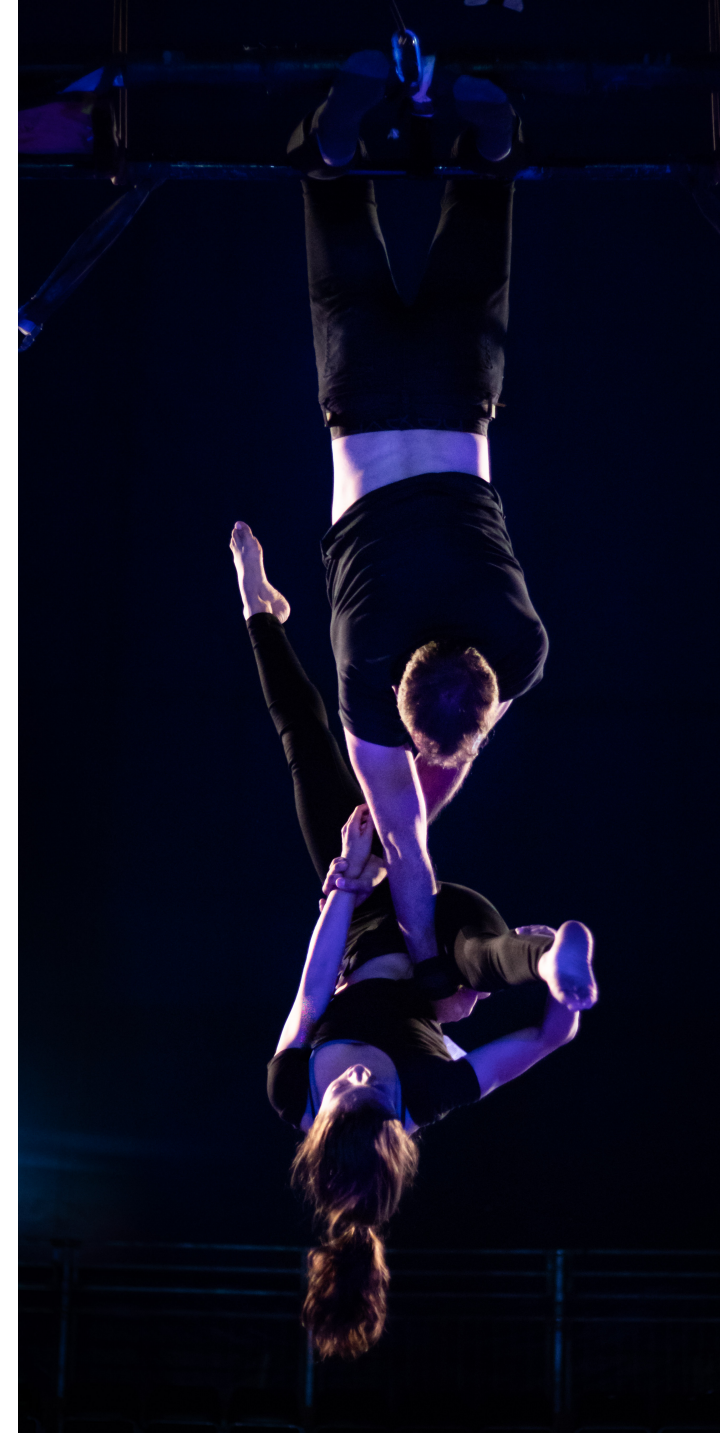
Developing people through circus.



## WHY AERIAL EDGE?

We are the largest circus school in Scotland, established in 2007. As a non-profit Community Interest Company, our core principle is: *circus for all* regardless of age, size, shape, ability and other factors. So when you decide you want to embark on a more formal training programme than occasional recreational classes, we meet you at whatever level you're at, and build from there.

If you're just starting your circus journey, or if you've already got years of aerial or acrobatics behind you, we've got you covered. We'll make sure you see great progress in whatever disciplines you've experienced, and you'll gain strong foundational abilities in the other arts too. You'll find that it all works together synergistically for your body and skillset.



You discover how our passion and niche speciality is developing people *through* circus – your gains go deeper than learning the arts. We nurture you not just through the physical challenges as you grapple with the techniques, but other pieces of your progression puzzle that arise along the way. It's about what circus training can do for you in the wider sense.



With decades of high-level expertise and experience in both circus arts and the global industry of creating education programmes, you're in good hands. We have specialist knowledge to support you to make breakthroughs which have a positive impact on other aspects of your life.

Other fabulous features which are unique to the Aerial Edge Foundation Course are:

- You leave with a fantastic showreel filmed by cinematographer Gabriel Stella.
- Experience creating and performing in an ensemble show with an experienced circus director
- You have access to our Open Training sessions.

This really is like no other course on offer. And our coaches ensure that your journey of progression is fun and that you know how to train effectively and safely to avoid injury into your old age! Ongoing mentorship is all part of the service.

## WHAT IS THE FOUNDATION COURSE?

For the first time, it's not just THE Foundation Course, it's YOUR Foundation Course. This is a full-time intensive programme for four months where you gain strength, flexibility and technical and performance skills in a wide variety of aerial, acrobatic disciplines.

It's not just about learning one new trick after another. As your course progresses, the emphasis changes. At first, it's about building physical abilities and technical skills across a wide range of disciplines, then it moves towards specialising in the arts that you love most. That leads you to craft a solo act and be part of an ensemble production, with the support of a choreographer and a creative director.

We want you to go on to greater things with a solid foundation, so we help you develop essential knowledge in anatomy and physiology in order to understand your own biomechanics. This enables you to train smarter so that you can push your own development forward after the course. Along the way, you gain insights to history and performance to boost your creativity.





## WHICH CIRCUS ARTS WILL I

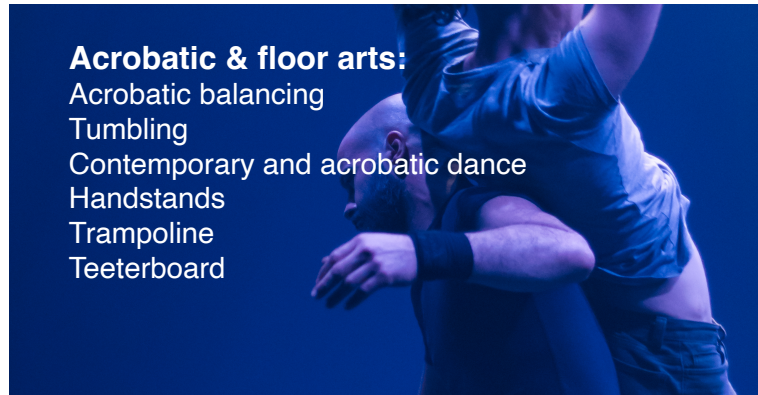
### **Aerial:**

- Static trapeze
- Flying trapeze
- Hoop/lyra
- Silks
- Rope



### **Acrobatic & floor arts:**

- Acrobatic balancing
- Tumbling
- Contemporary and acrobatic dance
- Handstands
- Trampoline
- Teeterboard



We also bring in leading industry professionals to host specialist workshops, depending on the needs and desires of each group. Previous seminars have included clowning, dance and business skills.

### **flow arts:**

- Hula hoop
- Staff
- Poi



### **Supporting skills:**

- Act creation and choreography
- Show creation and performance experience
- Acro and aerial conditioning
- Flexibility



### **Theory:**

- Anatomy & physiology
- Self-physiotherapy & massage
- Nutrition
- Contemporary circus performance
- Rigging & safety
- Make-up and costume



# WHO IS THE FOUNDATION COURSE FOR?



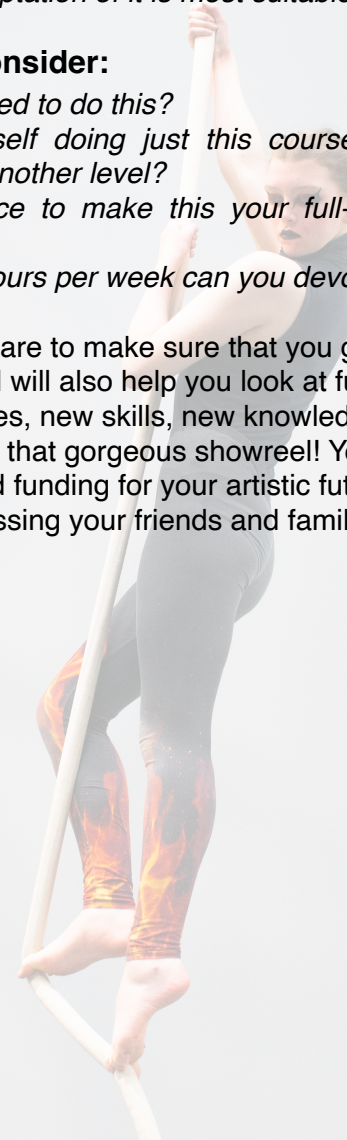
**You!** Whether you're considering going on to a degree qualification or similar, looking for period of intensive training, wanting to start your circus journey or even looking to work creatively, we know that this Foundation Course is for you.

The question is:  
*which adaptation of it is most suitable for you?*

## **Some things to consider:**

- *Why are you tempted to do this?*
- *Do you see yourself doing just this course, or using it as a stepping stone to another level?*
- *Can you find space to make this your full-time focus for four months?*
- *If not, how many hours per week can you devote to this?*

We take the utmost care to make sure that you get the most out of your time with us and will also help you look at future options. You'll leave with new abilities, new skills, new knowledge, new confidence and new friends. And that gorgeous showreel! You can use that to gain employment and funding for your artistic future development, not to mention impressing your friends and family.





## WHERE COULD THIS LEAD

Depends where you want to go! As the name suggests, the Foundation Course gives you a strong base to build on. Throughout your journey, your reasons for what you're doing may clarify from an inexplicable and potentially unjustifiable urge to a more concrete goal. Your ambitions may take you in a different direction from what you envisaged when you started. Staying open to possibilities for personal and professional progress is a great approach.

**Career!** We've had students go on to qualify in full-time circus degrees, and become circus industry professionals.

**Performance!** By participating in this once-in-a-lifetime course, you may discover a hidden love for performing. Previous Foundation Course students have developed their talents to the stage where they can take advantage of performance opportunities at festivals and shows.

**Teaching!** By developing your own skillset, you can pass your knowledge on. There is a long and successful history of Aerial Edge students going through our teacher training programme.



## HOW DOES THE COURSE BREAK DOWN?

### Full-time monthly overview:

**Weeks 1-4** Introduction to apparatus, skills and techniques

**Weeks 5-8** Further development of core material

**Weeks 9-12** Using the creation of a solo act to further develop skills and techniques

**Weeks 13-16** Further development through ensemble show creation and performance.

- There are 12 places available in each full-time Foundation Course.
- We run two courses a year, each beginning in March and August.
- The programme takes place from 10am to 5pm Monday to Friday, making a weekly total of 30 hours of class time.
- Part-time course options advance in the same way, over a longer period of time

### Course outcomes:

Whether it's full-time or part-time, this course is designed as a starting point for circus professionals, building good foundational skills and abilities across a range of circus arts.

### By the end, you will have been given instruction in:

- The Level One syllabus of two aerial and two acrobatic arts
- Foundation skills in object manipulation
- Essential knowledge in anatomy/physiology and biomechanics
- Circus history and theory
- More advanced skill and performance development of your chosen discipline

### You will also have:

- Developed your individually optimised conditioning and mobility practice
- Gained significantly improved physical ability
- Created an individual act ready for professional performance with the help of a choreographer and artistic director
- Participated in an ensemble show featuring ground-based and aerial acts

## COURSE DESCRIPTION

Each segment of the course has a similar proportion of aerial, acro and conditioning/flexibility. As the course progresses, the focus develops more towards the final outcomes.

### Example timetable from month 1 & 2:

	AM	PM
MON	Acro	Conditioning & Flex
TUE	Dance & Flow	Aerial
WED	Theory	Acro & Aerial
THU	Dance	Acro
FRI	Aerial	Conditioning & Flex

### Month 1 & 2

Learn a broad skillset across a wide variety of different arts. Build a strong foundation of acrobatic skill for ground and aerial arts.

### Month 3

Start to specialise in specific skills and arts which will become part of your individual performance.

### Month 4

Focus on the end-of-course show.

### Example course breakdown by duration:

Discipline	Hours per week	Total hours
Aerial Acrobatics	7.5	120
Acrobatics	7.5	120
Flexibility and conditioning	6	96
Dance	3	48
Manipulation	3	48
Theory	3	48
TOTAL	30	480



## APPLYING FOR THE FOUNDATION COURSE

The application to the Foundation Courses is quick and easy. Simply send us the answers to the questions below via email then contact us to set up a 1:1 video chat to discuss your answers:

1. What are you looking to get out of this course?
2. Do you have something you want to do once you complete the course?
3. What attracted you to the course?
4. What experience in physical training, dance, martial arts or acrobatics do you have?
5. How would you describe your level of physical ability?
6. Have you any performance experience?
7. How many days a week can you commit to (part-time applicants)?





## COST OF THE FOUNDATION COURSE

As we are a non-profit Community Interest Company (CIC), we have priced all of our classes and courses as low as we possibly can, in alignment with our core values of circus for all, and developing people through circus.

The value of the Foundation Courses in monetary terms is far higher than the cost you pay, because we passionately believe in the value in other terms – supporting as many people's personal growth as we can.

Great care, consideration and expertise has gone into the planning and design of these courses, to ensure that you get the best possible experience and outcomes. The cost of this, and of preparing each individual's plan, is not factored into the fees that you pay.



## COURSE FEES

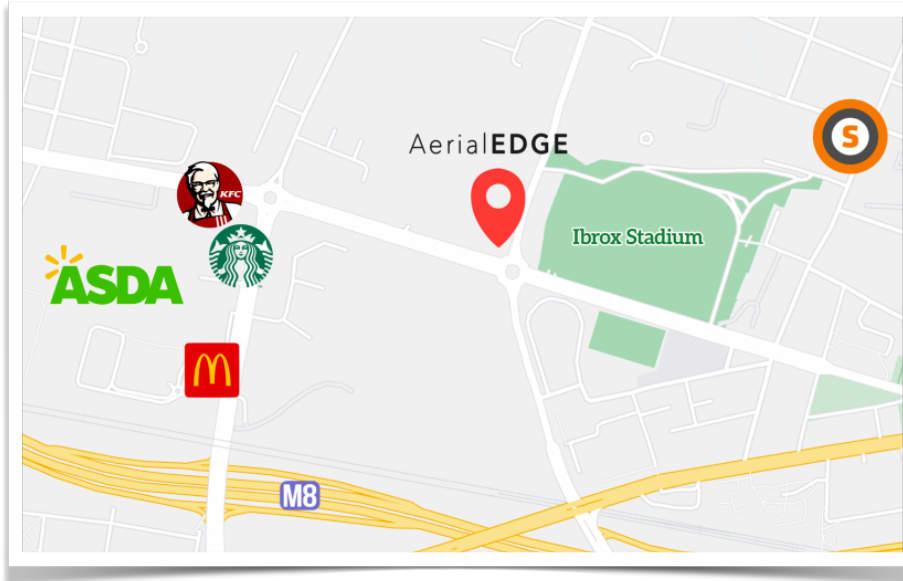
The cost is **£2999** for the 16 weeks. That's 480 hours of dedicated training time, which works out at only £750 per month or £187.5 per week.

Course fees are payable in full or in three instalments:

1. £200 pre-course deposit
2. £1300 first deposit paid at the start of the course
3. £1499 paid mid-way through

**Entry requirements:** Candidates must be over 16 years of age and be available 10am to 5pm Monday to Friday throughout the course schedule.





## LOCATION

Aerial Edge is conveniently close to Glasgow city centre, with two Subway stations nearby and on several bus routes.

Glasgow is a vibrant, busy city which has a thriving art scene, and many multi-disciplinary collaborations and exhibitions to be found.

During August, you can take a short train ride to the Edinburgh Festival Fringe: the biggest arts festival in the world. As well as numerous small venues hosting circus acts, the festival has a dedicated Circus Hub where world-famous companies come to perform.

If you would like any further advice on Glasgow or relocating to the city, please get in touch to arrange a chat with our friendly team.



## OUR FACILITIES

Aerial Edge has its own warehouse building for circus training and performance. With dedicated areas for ground-based and aerial disciplines, our space is highly adaptable and able to accommodate nearly any circus discipline.

You can discover, learn and hone just about any aerial discipline on our rig, and we have safety lines for acrobatic training, teeterboard and tightwire, as well as our dedicated petit volant flying trapeze and cradle set-up.

Our matted floor and tumble track give you the ability to safely train anything from handstands to acrobatic dance and parkour.

As well as trampoline which can be used for anything from warm-up to wall-running, there's an act creation and rehearsal space which can be rigged in multiple ways.



And as if all of that isn't enough, there's a café reception area which hosts occasional art exhibitions! We're big into coffee at Aerial Edge so we take great delight in choosing speciality roasts for that fresh bean-to-cup buzz!

There are also numerous cafés, restaurants and shops within just a few minutes' walk.



## LET'S TALK

Got questions about the course? Need assistance with your application? Just fancy a chat?

We'd love to hear from you!

Contact our friendly team by email:

[info@aerialedge.co.uk](mailto:info@aerialedge.co.uk)

or drop us a WhatsApp message on

+44 7360 546 232.

