

# *AERIALS LEVELS – where are you up to?*

## **BEGINNERS**

ALL LEVELS WELCOME



## **BEGINNERS 2**

I HAVE COMPLETED A BEGINNERS COURSE

I CAN CONFIDENTLY: (LYRA ONLY) INVERT; HOCKS – DOUBLE & SINGLE; MAN ON THE MOON



## **INTERMEDIATE 1**

I HAVE COMPLETED THE BEGINNERS 2 COURSE

I CAN CONFIDENTLY: (LYRA ONLY) INSIDE MERMAID > FOLDED PIKE; HOCKS BEAT > SIT: INVERT > STRADDLE HOLD: GNIF IN THE BOOTLE



## **INTERMEDIATE 2**

I HAVE COMPLETED THE INTERMEDIATE 1 COURSE

I CAN CONFIDENTLY: (LYRA ONLY) AERIAL INVERT; STRADDLE BALANCE; SIT TO CANNON BALL; AMAZON; VINE CLIMB



## **INTERMEDIATE 3**

I HAVE COMPLETED THE INTERMEDIATE 2 COURSE

I CAN CONFIDENTLY: (LYRA ONLY) BELLY BALANCE; HIP HOLD – NO HANDS; SIT SINGLE HOCK FEED > STRADDLE; SCARAB; TOES TO THE BAR X 5

## PRE-ADVANCED

I HAVE COMPLETED THE INTERMEDIATE 3 COURSE

I CAN CONFIDENTLY: (LYRA ONLY) SINGLE HOCKS – UNLOCKED; WALKING ON THE MOON;  
GAZELLE; BELLY BALANCE > HOCKS; LAYOUT ON THE TOP



## PRE-ADVANCED 2

I HAVE COMPLETED THE PRE-ADVANCED COURSE

I CAN CONFIDENTLY: (LYRA ONLY) FLAG; DAPHNE; WALKING ON THE MOON > DELILAH ON  
TOP; SHOULDERSTAND PENCIL; SINGLE LEG ROLL UP MOUNT



## PRE-ADVANCED 3

I HAVE COMPLETED THE PRE-ADVANCED 2 COURSE *TWICE*

I CAN CONFIDENTLY: (LYRA ONLY) FIGURE HEAD; MONKEY ROLLS; FRONT & BACK BALANCE;  
THIGH HOLD; HEEL HANG – TOP BAR



## ADVANCED

INVITATION ONLY