



AERIAL LEVELS

Before booking your classes it is important to make sure you have mastered some essentials before progressing to a higher level. This is for your own safety, the safety of your instructor and other class members. We encourage you to be honest with yourselves and follow our guidelines set out below to help you progress correctly and to avoid injury and confidence issues. If you are unsure or would like some guidance please talk to Gem or your instructor and they will be able to point you in the right direction.

Beginners – All levels welcome

Beginners 2 – I have done a Beginners course and I can *confidently* do a;

LYRA	SILKS
• Invert	•
• Hocks – double and single	•
• Man on the moon	•

Intermediate 1– I have completed the Beginners 2 and I can *confidently* do a;

LYRA	SILKS
• Inside mermaid to folded pike	•
• Hocks beat to sit	•
• Invert to straddle Hold	•
• Genie in a Bottle	•

Intermediate 2– I have completed the Intermediate 1 and I can *confidently* do a;

LYRA	SILKS
• Aerial Invert	•
• Straddle Balance	•
• Sit to canon ball	•
• Amazon	•
• Vine climb	•

Intermediate 3 – I have completed Intermediate 2 and I can *confidently* do a;

LYRA	SILKS
• Belly balance	•
• Hip hold – no hands	•
• Sit Single hock feed to straddle	•
• Scarab	•
• Toes to the bar x5	•



Pre-Advanced – I have completed Intermediate 3 and I can *confidently* do a;

LYRA

- Single Hocks - unlocked
- Walking on the moon
- Gazelle
- Belly balance to hocks
- Layout on top

SILKS

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Pre-Advanced 2 – I have completed Pre-Adv 1 twice and I can *confidently* do a;

LYRA

- Flag
- Daphne
- Walking on the moon to Delilah on top
- Shoulder stand pencil
- Single leg roll up mount

SILKS

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Pre-Advanced 3 – I have completed Pre-Advanced 2 twice and I can *confidently* do a;

LYRA

- Figure head
- Monkey rolls
- Front & back balance
- Thigh hold
- Heel hang – top bar

SILKS

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Advanced 1 – I have completed Pre-Advanced 3 and I can *confidently* do a;

INVITATION ONLY