

# SOUL Aerial & Performing Arts

## Children's Winter/Spring Semester

January 4, 2016 – May 27, 2016

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### Monday

#### **Aerial Hammock Ages 8 – 15, 4:30pm -5:30pm (classes will begin January 11)**

Pricing: Aerial Hammock \$350, Payable in full, 2 installments of \$175 or 4 installments of \$87.50

*Come learn the basic techniques of soaring in the air in an Aerial Silk Hammock. This class will introduce students to a variety of new aerial skills using flexibility, strength, coordination and spatial awareness. This class is best suited for children who already have some current dance or gymnastics background.*

### Tuesday

#### **Circus Babies Ages 8 mos – 3 years old 9:30am – 10:20am**

*Enjoy a fun filled, sweet class for you and your precious little Circus Baby! This once a week, 50 minute, family oriented class is designed for little ones and their parent, loved one, or caregiver, which will include songs, simple games, play, movement and more all centered around a Circus theme. We will have lots of fun, child centered activities that will focus on gross motor skills, coordination, strength and flexibility all done through play at each child's own developmental and age appropriate level! With hula hoops to crawl through, little silks to blow, bean bags to toss, lots of funny songs to sing, and more, your little one and you will be filled with joy and laughter as we have fun at the Circus at Soul! (NO Classes February 16)*

#### **Teen/Adult Hula Hoop Fitness Ages 13+ 9:30am – 10:30am**

Pricing: This is a drop in rate class and classes are \$20/class.

*Here we offer an outlet to release additional energy while learning a new skill to show off to our friends and family! We will shake, stretch & spin in circles as Mrs. Buttons teaches us the ins & outs of hula-hooping! This class offers a fun filled way to work together, improve coordination and balance as well as learning to laugh at ourselves, cause we can be silly! Children's Hoops will be provided.*

### Wednesday

#### **Circus Babies Ages 8 mos – 3 years old 9:30am – 10:20am**

*Enjoy a fun filled, sweet class for you and your precious little Circus Baby! This once a week, 50 minute, family oriented class is designed for little ones and their parent, loved one, or caregiver, which will include songs, simple games, play, movement and more all centered around a Circus theme. We will have lots of fun, child centered activities that will focus on gross motor skills, coordination, strength and flexibility all done through play at each child's own developmental and age appropriate level! With hula hoops to crawl through, little silks to blow, bean bags to toss, lots of funny songs to sing, and more, your little one and you will be filled with joy and laughter as we have fun at the Circus at Soul!(No Class on February 24)*

### **Fairy & Dragon Flying School Ages 4 – 6, 4:30pm – 5:30pm**

*Want to learn to fly and soar through the air? Come join our Fairy & Dragon Flying Pre-Aerial Classes to gain the flexibility, line, spatial awareness and conditioning it takes to fly through the air. Children will take classes to work on becoming ready to fly in our aerial program. We want to ensure the safety and proper alignment and development it takes for children to move in the air. Our program is specifically designed with to increase the stamina, strength and flexibility it takes to work in an Aerial Hammock or Lyra. Classes will be filled with fun dance and gymnastics based training exercises, games and more and by the end a chance to start working towards new heights!!!*

### **Kids Capoeira! Ages 7+ 6:30pm – 7:30pm**

*Capoeira Angola is an Afro-Brazilian cultural art form that was developed by enslaved Africans who were brought to Brazil. The art form was developed in secrecy as a means to preserve cultural expressions and means of a self-defense. The martial art blends dance, acrobatics, music, singing, historical traditions, & philosophy. In class we will study and practice all of these components that make Capoeira Angola the beautiful art form it is.*

### **Parent & Child Hula Hoopla Ages 8+ 7:00pm – 8:00pm**

Pricing: \$375 for 2, Payable in full, 2 installments of \$187.50 or 4 installments of \$93.75  
Additional Sibling fee: \$185

*Here we offer an outlet to release additional energy while learning a new skill to show off to our friends and family! We will shake, stretch & spin in circles as Mrs. Bitsy Buttons teaches us the ins & outs of hula-hooping! This class offers a fun filled way to work together, improve coordination and balance as well as learning to laugh at ourselves, 'cause we can be silly! Children's Hoops will be provided.*

## **Friday**

### **Musical Theater Ages 8+, Fridays 10:30am – 11:45pm**

*Hurray for Broadway!!! Musical Theater for kids is a jam-packed class of Singing, Acting and Dancing! This class will work on voice, dance & movement, improvisation techniques, monologues, stage directions and so much more! Kids who are looking to try out Musical Theater and think they may want to be on the stage, this is the class for them!!*

### **Lyra for Teens, Ages 12+, 11:50pm – 12:50pm**

Pricing: Aerial Lyra \$370, Payable in full, 2 installments of \$185 or 4 installments of \$92.50

*Learn the basics and beyond in this beautiful and fun filled Lyra class. Lyra is designed to work on various techniques to enter and exit the hoop along with conditioning exercises. Classes will build strength, showcase flexibility and teach flips, turns, rolls, and transitions. Classes will progress into fluid choreographed sequences*

## Saturday

### **Lyra Dance Flow Teen/Adult Ages 14+, 12:00pm – 1:00pm**

Pricing: This is a drop in rate class and classes are \$20/class.

*Learn the basics and beyond in this beautiful and fun filled Lyra class. Lyra is designed to work on various techniques to enter and exit the hoop along with conditioning exercises. Classes will build strength, showcase flexibility and teach flips, turns, rolls, and transitions. Classes will progress into fluid choreographed sequences \*\*This class is best suited for teens who have current dance experience or strong dance background.\*\**

## PRICING...

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*Unless noted, classes are \$300 for entire semester, payable in full by first class. Payments for classes can be paid in 2 installments of \$150, or 4 installments of \$75. No Classes for Spring Break: March 28 – April 1.*

## HOW TO REGISTER

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Registration is available online at [www.soulaerial.com](http://www.soulaerial.com) or you may call or register in person with Flynn at the studio, 804-310-4858.

### ***Contact Us!***

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Address: 1632 Ownby Lane, RVA

Phone: 804-310-4858

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We are on Facebook, Twitter & Instagram : [soulaerial](#), [#soulaerial](#)