

The After School Programs of Honey Creek Community School present Aerial Silks

DESCRIPTION: Learn the basics of aerial silks, from how to climb to how to drop - SAFELY! Classes will begin with warm-up and stretching, followed by intro to new techniques and review of old ones. Students should already be in reasonably good shape and free from injuries, and **MUST** be able and willing to follow the instructor's directions in order to stay safe. The team will prepare and perform a routine for the Honey Creek Talent Show on March 15th.

MEET THE INSTRUCTOR: Diane Miller Barbeau has been performing and teaching aerial silks for the past seven years. Her performance credits include the Bay City Tall Ships Celebration, the Midwest Highland Games, the Hastings Street Ballroom in Detroit, Ypsilanti Heritage Festival, as well as at corporate and private events. She currently offers classes and private instruction at her Ann Arbor location, Ringstar Studio: <http://a2ringstar.com/>

Wardrobe: Students should wear clothes that are form fitting or close to it, as loose, baggy clothing can get caught in the silks. Clothes should cover the knees, hips, and underarms. Students who choose to wear tights should make sure that they are footless tights, not footed and **NOT** convertible. Long hair should be restrained in a bun or pony tail and students should refrain from wearing any jewelry, including rings, bracelets, necklaces, earrings, anklets, etc. Silks are practiced barefoot so there is no need for special shoes or socks.

Snack: Bring a small, healthy snack (fruit), & avoid snacks with lots of processed sugar or that will make you sleepy.

WHEN: MONDAYS from 3:15 – 4:15pm from 10/1/2018 - 5/6/2018. Any classes canceled will be made up in May or June.

WHERE: Gym

WHO: Students in grades 4th-8th will get priority (minimum class size of 4; maximum class size of 6)

COST: \$10/class. **Please make checks payable to “Diane Barbeau.” EACH CLASS MUST BE PRE-PAID by NOON the Friday before AT THE LATEST otherwise your spot may be given to the next person on the list.**

ANY QUESTIONS: Contact Diane Miller Barbeau at diane@a2ringstar.com

Please check each date you wish to participate. All registration forms must be completed and returned (with payment) to the After School Program **“IN BOX” NO LATER THAN NOON THE FRIDAY BEFORE YOUR FIRST CLASS.**

10/1		10/8		10/15		10/22		10/29		11/5	
11/12		11/19		11/26		12/3		12/10		12/17	
1/7		1/14		1/28		2/4		2/11		2/25	
3/4		3/11		3/18		4/1		4/8		4/15	
4/22		4/29		5/6		TOTAL # OF CLASSES:				x \$10/CLASS=	

STUDENT NAME		ROOM #		STUDENT NAME:		ROOM #	
PARENT NAME				EMAIL:		PHONE	