Aerial Silks

Level: Beginners
Location: Gymnasium
Price: 10 euro
Number of lessons: 8
Period: Every Quartile
Day & time: Wednesday, 19h00-20h00
Sports equipment: Sports clothes

Do you want to fly like a superhero? Maybe Aerial Silks is a close second! Aerial Silks is a form of aerial acrobatics in which strength and stamina play a huge role. This sport uses a large piece of fabric that is attached to the ceiling, to perform stunning tricks and techniques. You don't need to be as strong as a superhero yet, because through these classes you will learn how to improve your fitness while graciously moving in the silks. You will also learn all about climbing, posing and inverts. It is advised to wear long pants and a long-sleeved shirt in class to protect yourself when sliding down the fabric.

After enrolling in this course, you will be taking a beginner’s course in which the basics are taught. When the course is finished, it is possible to join the association SPV Blue to continue enjoying the sport.