

# Aerial Silk Course - SPV Blue

**Location:** SSC Eindhoven, Gymnasium

**Level:** Beginners

**Price:** 15 Euros sports cards holders

**Period:** Every Quartile

**Day & time:** Look in the sports schedule on the SSC website

**Equipment:** Sports wear and indoor sports shoes

**Instructor:** SPV Blue trainer



## WHAT YOU CAN EXPECT

Aerial Silks, also called Tissue, is a form of bodyweight exercise. The sport originated in the circus world and looks very acrobatic. The silk is a very long piece of fabric that hangs from the ceiling all the way to the floor. In this fabric, a lot of exercises such as climbing, poses and drops can be performed to create a breathtaking performance. In this course, you will learn the basics of the sport and get to perform several tricks high up in the air while simultaneously training strength, endurance and flexibility. However Aerial Silks performers have to keep their body up in the air all the time, you don't have to be scared that you are not strong or flexible enough. Everyone can start the course!

This course is meant for inexperienced people to learn the basics of the sport. If you already have experience and would like to start with the sport, please contact SPV Blue at [info@spvblue.nl](mailto:info@spvblue.nl). Are the courses full? SPV Blue can place you on their interest list to keep you up-to-date about new courses opening. Send an email to [info@spvblue.nl](mailto:info@spvblue.nl).

## REGISTRATION

Signing up is possible via our website. Log in on your personal page and go to 'Courses'. Here you can find the all the different courses you can sign up for. The course starts every quartile. Check our website when you can sign up.