



# IADF

**FIDGETFEET**  
IRISH AERIAL DANCE FEST

Saturday 22<sup>nd</sup> June - Sunday 7<sup>th</sup> July 2019

Book now at:

[www.irishaerialdancefest.com](http://www.irishaerialdancefest.com)



## Classes and Levels

The classes in the festival are broken down into four levels. It's important that people find their right level, not just for themselves, but for the pacing of the class for others too. You may be advanced in one class, but an explorer in another!

**Explorers:** If this is your first time in the air, if you don't know a straddle from a side-pickup, then this is the level for you. All classes are tailored for those who just want to give it a go. This year we have a special week-long package aimed just at Explorers.

**Improvers:** If you have caught the flying bug but are still very much learning your trade, this is your level. Typically these classes are for those who train in aerial at least two hours per week.

**Skilled:** This is for confident and competent aerialists who know their stuff. If you are looking to improve your technique and find your own creative voice in the air, well, you've found your level right here.

**You'll need to make a video of skills to get into these classes.**

**Advanced:** For professionals or highly skilled practitioners only. These are exclusive classes taught by internationally renowned tutors.

**You'll need to make a video of skills to get into these classes.**

## About the Irish Aerial Dance Fest



Since it began in 2010 the Irish Aerial Dance Fest (IADF) has been teaching people how to fly. It is now the biggest event of its type in Europe, and what started as a niche festival for professional performers and serious hobbyists is now attracting more and more people completely new to the art form.

Founded by Fidget Feet, Ireland's leading aerial dance company, in association with An Grianán Theatre and the Donegal County Council, the IADF brings together aerial tutors from Ireland's emerging aerial scene with internationally renowned performers from some of the world's leading companies.

The IADF offers a range of courses, from one day taster sessions for beginners to full two week passes that provide a veritable aerial Disneyland for those looking to squeeze every last ounce out of the experience. Accommodation and social activities are also arranged.

Visit [www.irishaerialdancefest.com](http://www.irishaerialdancefest.com) for more.

# Festival Itinerary



<b>Sat 22<sup>nd</sup> June</b>	13:00 - 18:00	Weekend Rigging course day one
<b>Sun 23<sup>rd</sup> June</b>	11:00 - 16:00 14:00 - Late	Weekend Rigging course day two Registration - Ballyraine Campus
<b>Mon 24<sup>th</sup> - Fri 28<sup>th</sup> June</b>	09:00 - 20:15	Classes as per schedule - Friday breaks are shorter, to be in time for 8pm show
<b>Mon 24<sup>th</sup> June</b>	21:00 - 21:30	Monday Mingles - Introduce yourself to 10 new people in Ballyraine car park
<b>Fri 28<sup>th</sup> June</b>	20:00	Show #1 Double Bill - TBC
<b>Sat 29<sup>th</sup> June</b>	10:30 - 18:15 19:30 - 21:00 21:00 - Late	Pick 'n' Mix classes - The Aura & Trinity Hall Launch of 10 years of IADF Show - An Grianán Theatre Social night with food - McGettigans Hotel
<b>Sun 30<sup>th</sup> June</b>	12:00 14:00 - Late	Accommodation check-out for one-weekers Registration for people arriving for week two - Ballyraine Campus
<b>Mon 1<sup>st</sup> - Fri 5<sup>th</sup> July</b>	09:00 - 20:15	Classes as per schedule - Friday breaks are shorter, to be in time for 8pm show
<b>Mon 1<sup>st</sup> July</b>	21:00 - 21:30	Monday Mingles - Introduce yourself to 10 new people in Ballyraine car park
<b>Fri 5<sup>th</sup> July</b>	20:00 21:00 - Late	Show #3 - Stevie Boyd - An Grianán Theatre Social night - McGettigans Hotel
<b>Sat 6<sup>th</sup> July</b>	20:00 22:30 - Late	10 <sup>th</sup> Anniversary Emma Insley Cabaret in An Grianán Theatre Festival wrap party - <b>Don't miss it!!</b>
<b>Sun 8<sup>th</sup> July</b>	12:00	Accommodation check-out

# 10 YEARS OF IADF!



We're very excited to be celebrating 10 years of the Irish Aerial Dance Fest this year. The festival has gotten bigger and better every year and we can't wait to see what the future holds. There are some changes to the shows this year, to celebrate our anniversary, and we'll have more details coming soon.

For the last few years, an Act Creation or Act Refinement class meant that you were very likely to perform in the Emma Insley Cabaret show on the last Saturday. This meant we had over two hours of 3-minute solos in the show. We think it's time to evolve! In the real world, a show is not like a 3-minute solo. That's why we want to create group pieces this year. There'll be a group spiral piece from Lee Clayden's class, a group counterweighted piece from Chantal & Kat's class, an outdoor vertical dance piece from Lindsey Butcher's class, mixed apparatus from Chantal's Creation Lab, and a group hoop piece from Rachel Strickland's class. There'll still be act creation and act refinement classes if you want to work on a piece, and there might be some solos invited to perform in the show, but this year it won't be the main element.

More details to come!

# The Explorer Experience



We've created a special program for beginners. It can be intimidating or tiring to do the same class for a whole week! With The Explorer Experience you get to try a little bit of everything, spread out throughout the week. Never been in the air or never tried other apparatus? This one-week package has everything you need, and you don't even need to choose classes! We'll run it during week 1, but if there's enough demand we'll open week 2 with the same schedule.

If you just want to do one of these classes, that can be arranged - [info@irishaerialdancefest.com](mailto:info@irishaerialdancefest.com)

## WEEK 1 (or WEEK 2 if there's demand)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09:00-09:45	<b>WARM UP</b> <span>2</span> LEE CLAYDEN ∞ Dance	<b>WARM UP</b> <span>2</span> LEE CLAYDEN ∞ Dance	<b>WARM UP</b> <span>2</span> LEE CLAYDEN ∞ Dance	<b>WARM UP</b> <span>2</span> LEE CLAYDEN ∞ Dance	<b>WARM UP</b> <span>2</span> LEE CLAYDEN ∞ Dance
10:00-11:30	<b>DANCE TRAPEZE</b> <span>1</span> MAIRE DEE 14 Technique	<b>FABRIC</b> <span>1</span> MAIRE DEE 14 Technique	<b>HOOP</b> <span>1</span> MAIRE DEE 14 Technique	<b>DANCE TRAPEZE</b> <span>1</span> MAIRE DEE 14 Technique	<b>VERTICAL DANCE</b> <span>1</span> MAIRE DEE 14 Technique
12:00-13:30	<b>COCOON</b> <span>1</span> SIANNA BRUCE 14 Technique	<b>FLOOR TO AIR</b> <span>1</span> SIANNA BRUCE 14 Creative	<b>LUNCH</b>	<b>COCOON</b> <span>1</span> SIANNA BRUCE 14 Technique	<b>ROPE</b> <span>1</span> SIANNA BRUCE 14 Technique
13:30-14:30	<b>LUNCH</b>	<b>LUNCH</b>	<b>COUNTERWEIGHT</b> <span>1</span> CHANTAL&SIANNA 14 Technique	<b>LUNCH</b>	<b>LUNCH</b>
14:30-16:00	<b>VAYU YOGA</b> <span>▲</span> MAIRE DEE 14 Cool Down	<b>VAYU YOGA</b> <span>▲</span> MAIRE DEE 14 Cool Down	<b>3PM - VAYU YOGA</b> <span>▲</span> MAIRE DEE 14 Cool Down	<b>VAYU YOGA</b> <span>▲</span> MAIRE DEE 14 Cool Down	<b>VAYU YOGA</b> <span>▲</span> MAIRE DEE 14 Cool Down
16:05-16:15	<b>OPTIONAL GROUP MEETING</b>				



# ***Week 1***

***24<sup>th</sup> - 28<sup>th</sup> June***

# WEEK 1 - MORNING



09:00-09:45	<b>WARM UP - 9:15</b> <span style="color: blue;">■</span> SAFIRE ∞ General	<b>WARM UP</b> <span style="color: blue;">▲</span> BEVERLEY GRANT ∞ Cyr Wheel	<b>WARM UP</b> <span style="color: blue;">U</span> MAIRE DEE ∞ Pilates	<b>GYROKINESIS</b> <span style="color: blue;">G</span> AMY ELL 10 Disco	<b>WARM UP</b> <span style="color: blue;">3</span> LEE CLAYDEN ∞ Dance
10:00-11:30	<b>COUNTERWEIGHT</b> <span style="color: green;">■</span> KAT & CHANTAL 14 Technique	<b>CYR WHEEL</b> <span style="color: green;">▲</span> MARK GLOVER 12 Technique	<b>HOOP</b> <span style="color: green;">2</span> LYDIA LARA 14 Technique	<b>ROPE</b> <span style="color: green;">3</span> TBC 14 Technique	
	<b>CLOUD SWING</b> <span style="color: purple;">3</span> SAAR ROMBOUT 9 Technique	<b>VERTICAL DANCE</b> <span style="color: purple;">3</span> LINDSEY BUTCHER 14 Rep	<b>COCOON</b> <span style="color: purple;">1</span> SIANNA BRUCE 14 Technique	<b>DANCE TRAPEZE</b> <span style="color: purple;">2</span> KALINA SUTER 14 Technique	
	<b>BUNGEE</b> <span style="color: purple;">1</span> ALEX POULTER 6 Technique	<b>FABRIC</b> <span style="color: purple;">1</span> AMY ELL 20 Technique	<b>HOOP</b> <span style="color: purple;">1</span> RACHEL STRICKLAND 14 Technique		
12:00-13:30	<b>DANCE TRAPEZE</b> <span style="color: green;">2</span> KALINA SUTER 14 Technique	<b>BUNGEE</b> <span style="color: green;">1</span> ALEX POULTER 6 Technique	<b>FABRIC</b> <span style="color: purple;">1</span> AMY ELL 20 Technique	<b>ROPE</b> <span style="color: purple;">2</span> TBC 14 Technique	
	<b>DOUBLES TRAPEZE</b> <span style="color: purple;">3</span> RUTH & DAWN 12 Tech / Creative	<b>COUNTERWEIGHT</b> <span style="color: purple;">■</span> KAT & CHANTAL 14 Tech/Creative	<b>VERTICAL DANCE</b> <span style="color: purple;">3</span> LINDSEY BUTCHER 14 Technique	<b>GROUP HOOP*</b> <span style="color: purple;">2</span> RACHEL STRICKLAND 7 Creative <b>2 wk</b>	
	<b>CYR WHEEL</b> <span style="color: purple;">▲</span> MARK GLOVER 12 Tech / Lab	<b>STRAPS</b> <span style="color: purple;">3</span> SHANNON MCKENNA 9 Technique			
13:30-14:30	<b>LUNCH</b>				

- Theatre
- Aura bay
- ▲ Trinity Hall

- Improver
- Skilled
- Advanced

☆ Perform 6<sup>th</sup> July

# WEEK 1 - AFTERNOON



14:30-16:00

**FABRIC** 1  
 LYDIA LARA | 14 | Technique

**VERTICAL DANCE** 3  
 KAT COOLEY & PAUL | 15 | Technique

**AERIAL DANCE HARNESS** 2  
 LINDSEY BUTCHER | 14 | Tech/Creative

**CYR WHEEL** ▲  
 MARK GLOVER | 12 | Technique

**HOOP** 2  
 RACHEL STRICKLAND | 14 | Technique

**BUNGEE** 1  
 ALEX POULTER | 6 | Technique

**CREATION LAB\*** ■  
 CHANTAL MCCORMICK | 6 | Creative **2wk**

**ACT REFINEMENT\*** 2  
 AMY ELL | 4 | Creative **1wk**

**SPIRAL LAB \*** 3  
 LEE CLAYDEN | 6 | Creative **2wk**

**ROPE** 3  
 TBC | 14 | Technique

**DANCE TRAPEZE** 2  
 KALINA SUTER | 14 | Technique

16:30-18:00

**ACROBATICS** ●  
 MARK GLOVER | 18 | All Levels

**COCOON** 3  
 SIANNA BRUCE | 14 | Technique

**MINDFUL TRAINING** 2  
 RUTH BATTLE | 6 | Tech **1wk**

**STRAPS** 3  
 SHANNON MCKENNA | 9 | Technique

**VERTICAL DANCE LAB\*** ■  
 LINDSEY BUTCHER | 8 | Creative **2wk**

**SPINNY HOOP DOUBLES** 2  
 RACHEL & AISLING | 8 | Technique

**MULTI CORD** 3  
 SAAR ROMBOUT | 12 | Technique

**ROPE** 3  
 TBC | 12 | Creative

18:15-19:45

**CLOUD SWING** 3  
 SAAR ROMBOUT | 9 | Technique

**DOUBLES WALL RUNNING** 3  
 SIANNA BRUCE | 14 | Technique

**DOUBLES TRAPEZE** 3  
 ABIGAIL ROSE | 10 | Technique

16:15-17:15

**WARM DOWN** 1  
 BEVERLEY GRANT | ∞ | Flexibility

18:05-19:15

**PILATES NURTURE** 1  
 DAWN PASCOE | ∞ | Flexibility

**THAI MASSAGE & BALL ROLLING** 2  
 AMY ELL | ∞ | Warm Down

19:45-20:15

**WARM DOWN** 3  
 ABIGAIL ROSE | ∞ | Warm Down

- Theatre
- Aura bay
- ▲ Trinity Hall

- Improver
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- Advanced

☆ Perform 6<sup>th</sup> July





# ***Week 2***

***1<sup>st</sup> - 5<sup>th</sup> July***

# WEEK 2 - MORNING



09:00-09:45	<b>WARM UP - 9:15</b> <span style="color: blue;">■</span> SAFIRE ∞ General	<b>WARM UP</b> <span style="color: blue;">▲</span> BEVERLEY GRANT ∞ Cyr Wheel	<b>WARM UP</b> <span style="color: blue;">U</span> MAIRE DEE ∞ Pilates	<b>GYROKINESIS</b> <span style="color: blue;">G</span> AMY ELL 10 Disco	<b>WARM UP</b> <span style="color: blue;">3</span> LEE CLAYDEN ∞ Dance
10:00-11:30	<b>COUNTERWEIGHT</b> <span style="color: green;">■</span> KAT & CHANTAL 14 Technique	<b>CYR WHEEL</b> <span style="color: green;">▲</span> MARK GLOVER 12 Technique	<b>HOOP</b> <span style="color: green;">2</span> LYDIA LARA 14 Technique	<b>ROPE</b> <span style="color: green;">3</span> STEVIE BOYD 14 Technique	
	<b>CLOUD SWING</b> <span style="color: purple;">▲</span> SAAR ROMBOUT 9 Technique	<b>VERTICAL DANCE</b> <span style="color: purple;">3</span> LINDSEY BUTCHER 14 "WHY" Rep	<b>COCOON</b> <span style="color: purple;">1</span> SIANNA BRUCE 14 Technique	<b>DANCE TRAPEZE</b> <span style="color: purple;">2</span> SUZON GHEUR 14 Technique	
	<b>BUNGEE</b> <span style="color: purple;">1</span> ALEX POULTER 6 Technique	<b>FABRIC</b> <span style="color: purple;">1</span> AMY ELL 20 Technique	<b>HOOP</b> <span style="color: purple;">1</span> RACHEL STRICKLAND 14 Technique	<b>STRAPS</b> <span style="color: purple;">3</span> SHANNON MCKENNA 9 Technique	
12:00-13:30	<b>DANCE TRAPEZE</b> <span style="color: purple;">2</span> SUZON GHEUR 14 Technique	<b>BUNGEE</b> <span style="color: purple;">1</span> ALEX POULTER 6 Technique	<b>DOUBLES TRAPEZE</b> <span style="color: purple;">3</span> ABIGAIL ROSE 10 Technique	<b>ROPE</b> <span style="color: purple;">2</span> STEVIE BOYD 14 Technique	
	<b>FABRIC</b> <span style="color: purple;">1</span> AMY ELL 20 Technique	<b>COUNTERWEIGHT *</b> <span style="color: purple;">■</span> KAT & CHANTAL 14 Tech/Creative	<b>VERTICAL DANCE</b> <span style="color: purple;">3</span> LINDSEY BUTCHER 14 Technique	<b>GROUP HOOP*</b> <span style="color: purple;">2</span> RACHEL STRICKLAND 7 Creative <b>2 wk</b>	
	<b>CYR WHEEL</b> <span style="color: purple;">▲</span> MARK GLOVER 12 Tech / Lab				
13:30-14:30	<b>LUNCH</b>				

- Theatre
- Aura bay
- ▲ Trinity Hall

- Improver
- Skilled
- Advanced

☆ Perform 6<sup>th</sup> July

# WEEK 2 - AFTERNOON



Time	Activity	Instructor	Level	Duration	Frequency	Location	
14:30-16:00	<b>FABRIC</b> <span style="color: green;">1</span>	LYDIA LARA	14	Technique		Aura bay	
	<b>VERTICAL DANCE</b> <span style="color: green;">3</span>	KAT COOLEY & PAUL	15	Technique		Aura bay	
	<b>AERIAL DANCE HARNESS</b> <span style="color: green;">2</span>	LINDSEY BUTCHER	14	Tech/Creative		Aura bay	
	<b>CYR WHEEL</b> <span style="color: purple;">▲</span>	MARK GLOVER	12	Technique		Trinity Hall	
	<b>HOOP</b> <span style="color: purple;">2</span>	RACHEL STRICKLAND	14	Technique		Aura bay	
	<b>BUNGEE</b> <span style="color: purple;">1</span>	ALEX POULTER	6	Technique		Aura bay	
	<b>DOUBLES TRAPEZE</b> <span style="color: purple;">3</span>	RUTH & DAWN	12	Tech / Creative		Aura bay	
	<b>CREATION LAB*</b> <span style="color: pink;">■</span>	CHANTAL MCCORMICK	6	Creative	2wk		Trinity Hall
	<b>ACT REFINEMENT*</b> <span style="color: pink;">2</span>	AMY ELL	4	Creative	1wk		Trinity Hall
	<b>SPIRAL LAB *</b> <span style="color: pink;">3</span>	LEE CLAYDEN	6	Creative	2wk		Trinity Hall
	<b>ROPE</b> <span style="color: pink;">3</span>	STEVIE BOYD	14	Technique		Trinity Hall	
	<b>DANCE TRAPEZE</b> <span style="color: pink;">2</span>	SUZON GHEUR	14	Technique		Trinity Hall	
16:30-18:00	<b>ACROBATICS</b> <span style="color: blue;">●</span>	MARK GLOVER	18	All Levels		Aura bay	
	<b>COCOON</b> <span style="color: green;">3</span>	SIANNA BRUCE	14	Technique		Aura bay	
	<b>ACT CREATION</b> <span style="color: green;">2</span>	RUTH BATTLE	12	Creative	1wk	Aura bay	
	<b>STRAPS</b> <span style="color: green;">3</span>	SHANNON MCKENNA	9	Technique		Aura bay	
	<b>VERTICAL DANCE LAB*</b> <span style="color: pink;">■</span>	LINDSEY BUTCHER	8	Creative	2wk		Trinity Hall
	<b>SPINNY HOOP DOUBLES</b> <span style="color: pink;">2</span>	RACHEL & AISLING	8	Technique		Trinity Hall	
18:15-19:45	<b>MULTI CORD</b> <span style="color: pink;">3</span>	SAAR ROMBOUT	12	Technique		Aura bay	
	<b>ROPE</b> <span style="color: pink;">3</span>	STEVIE BOYD	12	Creative		Trinity Hall	
	<b>SPIRAL</b> <span style="color: pink;">3</span>	KAT COOLEY	12	Technique		Trinity Hall	
	<b>CLOUD SWING</b> <span style="color: purple;">3</span>	SAAR ROMBOUT	9	Technique		Aura bay	
	<b>DOUBLES WALL RUNNING</b> <span style="color: purple;">3</span>	MAIRE DEE	14	Technique		Aura bay	
	<b>TBC</b> <span style="color: blue;">▲</span>	TBC	18	All Levels		Trinity Hall	
16:15-17:15	<b>WARM DOWN</b> <span style="color: blue;">1</span>	BEVERLEY GRANT	∞	Flexibility		Aura bay	
18:05-19:15	<b>PILATES NURTURE</b> <span style="color: blue;">1</span>	DAWN PASCOE	∞	Flexibility		Aura bay	
	<b>THAI MASSAGE &amp; BALL ROLLING</b> <span style="color: blue;">2</span>	AMY ELL	∞	Warm Down		Aura bay	
19:45-20:15	<b>WARM DOWN</b> <span style="color: blue;">3</span>	ABIGAIL ROSE	∞	Warm Down		Aura bay	

- Theatre
- Aura bay
- ▲ Trinity Hall

- Improver
- Skilled
- Advanced

☆ Perform 6<sup>th</sup> July



# ***Weekend***

## ***Sat 29<sup>th</sup> June***

# Pick 'n' Mix Weekend - SATURDAY 29<sup>TH</sup> JUNE

## Aura

**10:30-13:30** **INJURY PREVENTION** ●  
 AMY ELL 20 Let's Fix You

**10:30-11:30** **WARM UP** ●  
 LYDIA LARA ∞ General

**11:30-13:00** **DANCE TRAPEZE** ●  
 KALINA SUTER 14 Technique

**STRAPS** ●  
 SHANNON MCKENNA 9 Technique

**FABRIC CHOREO** ●  
 LYDIA LARA 14 Technique

**CLOUD SWING** ●  
 SAAR ROMBOUT 14 Technique

**ROPE AND ACRO** ●  
 STEVIE BOYD 14 Technique

**14:00-15:30** **SPIRAL** ●  
 SIANNA BRUCE 14 Technique

**TRAPEZE SPINNING** ●  
 KALINA SUTER 14 Technique

**STRAPS** ●  
 SHANNON MCKENNA 9 Technique

**15:45-17:15** **HOOP SPINNING** ●  
 AISLING NI CHEALLAIGH 14 Technique

**VERTICAL DANCE** ●  
 BEVERLEY & PAUL 14 Technique

**DUO ROPE** ●  
 ABIGAIL ROSE 14 Technique

**17:15-18:15** **NURTURE PILATES** ●  
 DAWN PASCOE ∞

## Trinity Hall

**10:30-13:30** **CYR WHEEL** ▲  
 MARK GLOVER 12 Technique

**14:30-17:30** **CYR WHEEL LAB** ▲  
 MARK GLOVER 12 Tech/Creative

## PRICES

1h class - €15  
 1.5h class - €35  
 3h class - €70

ALL DAY PASS - €120

- Theatre
- Aura bay
- ▲ Trinity Hall

- Improver
- Skilled
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☆ Perform 7<sup>th</sup> July

# WEEKEND RIGGING COURSE - 22<sup>nd</sup> & 23<sup>rd</sup> JUNE



Saturday - 13:00 - 18:00

Sunday - 11:00 - 16:00

Location: The Aura

Price: €250

Accommodation available.

A two-day course with High Performance Rigging (<http://highperformanceproductions.net>). This is an intensive course designed for Aerialists or people interested in a career as a rigger.

This class is intended for anyone interested in developing a better understanding of the fundamental concepts in aerial rigging. Each day will be broken up into rigging theory and rigging practical – lots of knots, venue-specific rigging, rigging circus equipment and how to work and practice rigging in light of health and safety.

The class will also provide insight into crucial questions that every aerialist should be asking their own rigger. You will also see how to write and talk about risk assessments and what to expect when working with venues and festivals (what they expect from you and what they will ask you as someone working in the area of aerial performance).

There will also be a chance to ask questions.

