



IADF

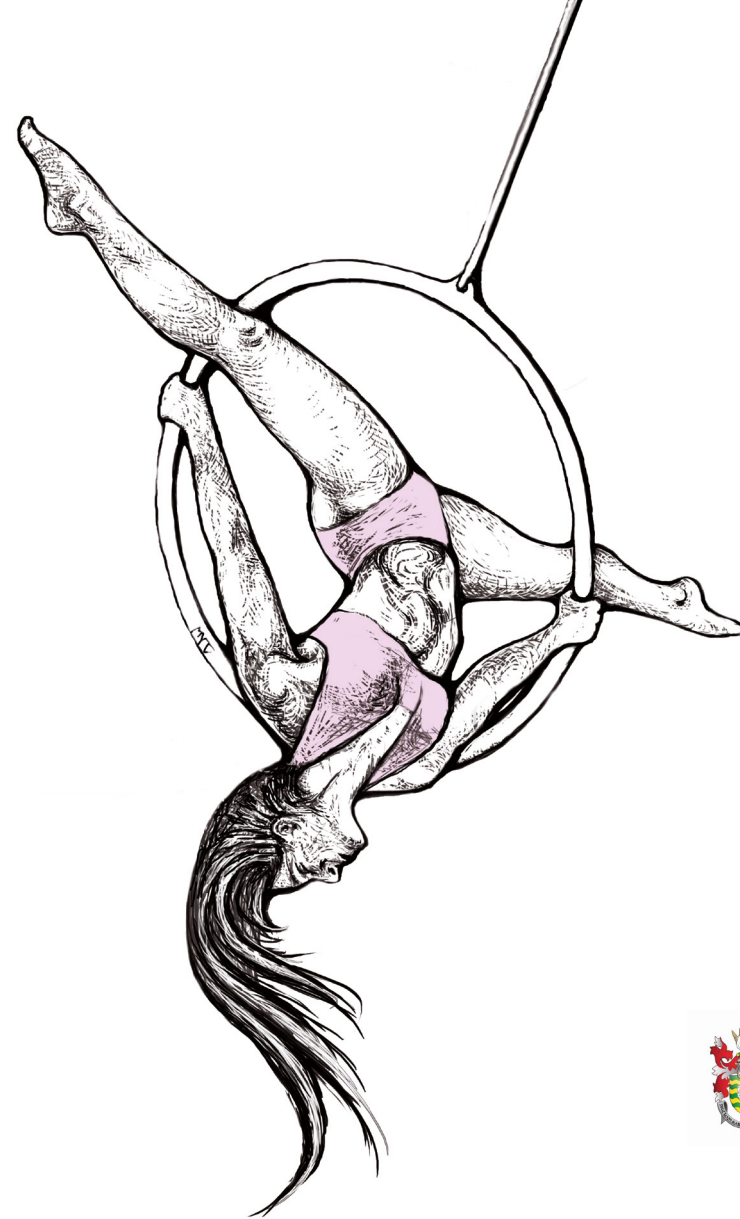
FIDGETFEET

IRISH AERIAL DANCE FEST

Saturday 22nd June - Sunday 7th July 2019

Book now at:

www.irishaerialdancvefest.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 for more.

Festival Itinerary



Sat 22nd June	13:00 - 18:00	Weekend Rigging course day one
Sun 23rd June	11:00 - 16:00 14:00 - Late	Weekend Rigging course day two Registration - Ballyraine Campus
Mon 24th - Fri 28th June	09:00 - 20:15	Classes as per schedule - Friday breaks are shorter, to be in time for 8pm show
Mon 24th June	21:00 - 21:30	TBC
Fri 28th June	20:00	Show #1 Double Bill - TBC
Sat 29th June	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
Sun 30th June	12:00 14:00 - Late	Accommodation check-out for one-weekers Registration for people arriving for week two - Ballyraine Campus
Mon 1st - Fri 5th July	09:00 - 20:15	Classes as per schedule - Friday breaks are shorter, to be in time for 8pm show
Mon 1st July	21:00 - 21:30	TBC
Fri 5th July	20:00 21:00 - Late	Show #3 - 'Diverged' - DueDa Company - An Grianán Theatre Social night - McGettigans Hotel
Sat 6th July	20:00 22:30 - Late	10 th Anniversary Emma Insley Cabaret in An Grianán Theatre Festival wrap party - Don't miss it!!
Sun 8th July	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

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

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



Week 1

24th - 28th June

WEEK 1 - MORNING



09:00-09:45	WARM UP - 9:15 ■ KAT COOLEY ∞ General	WARM UP ▲ CHRISTINA ∞ Cyr Wheel	WARM UP U MAIRE DEE ∞ Pilates	GYROKINESIS G AMY ELL 10 Disco	WARM UP 3 LEE CLAYDEN ∞ Dance
10:00-11:30	COUNTERWEIGHT ■ KAT & CHANTAL 14 Technique	CYR WHEEL ▲ DANA WOLLEN 12 Technique	HOOP 2 LYDIA LARA 14 Technique	ROPE 3 MATTHEW HORTON 14 Technique	BUNGEE 1 ALEX POULTER 6 Technique
	CLOUD SWING 3 SAAR ROMBOUT 9 Technique	VERTICAL DANCE REP 3 LINDSEY BUTCHER 14 Choreography	COCOON 1 SIANNA BRUCE 14 Technique	DANCE TRAPEZE 2 KALINA SUTER 14 Technique	
	FABRIC 1 AMY ELL 20 Technique	HOOP 1 RACHEL STRICKLAND 14 Technique			
12:00-13:30	DANCE TRAPEZE 2 KALINA SUTER 14 Technique	BUNGEE 1 ALEX POULTER 6 Technique	FABRIC 1 AMY ELL 20 Technique	ROPE 2 MATTHEW HORTON 14 Technique	
	DOUBLES TRAPEZE 3 RUTH & DAWN 12 Tech / Creative	COUNTERWEIGHT ■ KAT & CHANTAL 14 Tech/Creative	VERTICAL DANCE 3 LINDSEY BUTCHER 14 Technique	GROUP HOOP* 2 RACHEL STRICKLAND 7 Creative 2 wk	
	STRAPS 3 SHANNON MCKENNA 9 Technique				
13:30-14:30	LUNCH				

- Theatre
- Aura bay
- ▲ Trinity Hall

- Improver
- Skilled
- Advanced

☆ Perform 6th 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 ▲
 RONAN BRADY | 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
 MATTHEW HORTON | 14 | Technique

DANCE TRAPEZE 2
 KALINA SUTER | 14 | Technique

16:30-18:00

ACROBATICS ●
 ROISIN COLLINS | 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 | 10 | Creative **2wk**

SPINNY HOOP DOUBLES 2
 RACHEL & AISLING | 8 | Technique

MULTI CORD 3
 SAAR ROMBOUT | 12 | Technique

ROPE 3
 MATTHEW HORTON | 12 | Creative

18:15-19:45

CLOUD SWING 3
 SAAR ROMBOUT | 9 | Technique

SPIRAL 3
 SIANNA BRUCE | 14 | Technique

DOUBLES TRAPEZE 3
 ABIGAIL ROSE | 10 | Technique

VERTICAL DANCE 3
 BEVERLEY GRANT | 10 | Technique

16:15-17:15

WARM DOWN 1
 JENNIFER TUFTS | ∞ | 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

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- Advanced

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Week 2

1st - 5th July

WEEK 2 - MORNING



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

- Theatre
- Aura bay
- ▲ Trinity Hall

- Improver
- Skilled
- Advanced

☆ Perform 6th July

WEEK 2 - AFTERNOON



Time	Activity	Instructor	Level	Duration	Category
14:30-16:00	FABRIC 1	LYDIA LARA	14	Technique	Technique
	VERTICAL DANCE 3	KAT COOLEY & PAUL	15	Technique	Technique
	AERIAL DANCE HARNESS 2	LINDSEY BUTCHER	14	Tech/Creative	Technique
	FABRIC 1	SHANNON MCKENNA	14	Technique	Technique
	CYR WHEEL ▲	MARK GLOVER	12	Technique	Technique
	HOOP 2	RACHEL STRICKLAND	14	Technique	Technique
	BUNGEE 1	ALEX POULTER	6	Technique	Technique
	DOUBLES TRAPEZE 3	RUTH & DAWN	12	Tech / Creative	Technique
	CREATION LAB* ■	CHANTAL MCCORMICK	6	Creative 2wk	Technique
	ACT REFINEMENT* 2	AMY ELL	4	Creative 1wk	Technique
	SPIRAL LAB * 3	LEE CLAYDEN	6	Creative 2wk	Technique
	ROPE 3	STEVIE BOYD	14	Technique	Technique
DANCE TRAPEZE 2	SUZON GHEUR	14	Technique	Technique	
16:30-18:00	ACROBATICS ●	MARK GLOVER	18	All Levels	Technique
	COCOON 3	SIANNA BRUCE	14	Technique	Technique
	ACT CREATION 2	RUTH BATTLE	12	Creative 1wk	Technique
	VERTICAL DANCE 3	BEVERLEY GRANT	10	Technique	Technique
	STRAPS 3	SHANNON MCKENNA	9	Technique	Technique
	VERTICAL DANCE LAB* ■	LINDSEY BUTCHER	8	Creative 2wk	Technique
	SPINNY HOOP DOUBLES 2	RACHEL & AISLING	8	Technique	Technique
	MULTI CORD 3	SAAR ROMBOUT	12	Technique	Technique
	ROPE 3	STEVIE BOYD	12	Creative	Technique
	SPIRAL 3	KAT COOLEY	12	Technique	Technique
18:15-19:45	CLOUD SWING 3	SAAR ROMBOUT	9	Technique	Technique
	DOUBLES WALL RUNNING 3	MAIRE DEE	14	Technique	Technique
16:15-17:15	WARM DOWN 1	TBC	∞	Flexibility	Technique
18:05-19:15	PILATES NURTURE 1	DAWN PASCOE	∞	Flexibility	Technique
	THAI MASSAGE & BALL ROLLING 2	AMY ELL	∞	Warm Down	Technique
19:45-20:15	WARM DOWN 3	ABIGAIL ROSE	∞	Warm Down	Technique

- Theatre
- Aura bay
- ▲ Trinity Hall

- Improver
- Skilled
- Advanced

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Weekend

Sat 29th June

Pick 'n' Mix Weekend - SATURDAY 29TH JUNE

Aura

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

11:00-17:00 **KIDS DAY** ●
 SARA & CHRISSIE 20

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 15 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
- Advanced

☆ Perform 7th July

WEEKEND RIGGING COURSE - 22nd & 23rd 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.

