

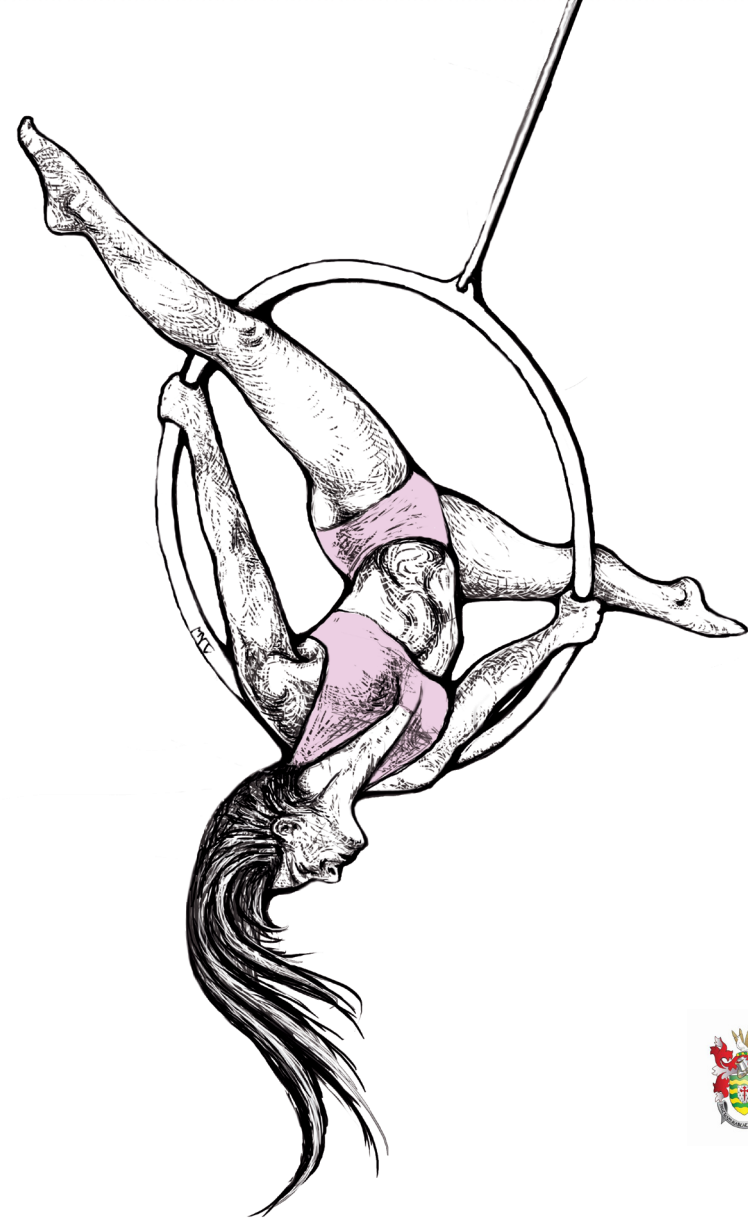


IADF 2020

FIDGETFEET

IRISH AERIAL DANCE FEST

11 years of IADF - 2010-2020



Saturday 27th June - Sunday 12th July 2020

Book now at:

www.irishaerialdancefest.com



Comhairle Contae
Dhún na nGall
Donegal County Council



FIDGETFEET
AERIAL DANCE THEATRE

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.

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 27th June	14:00 - 19:00	Weekend Rigging course day one
Sun 28th June	10:00 - 16:00 14:00 - Late	Weekend Rigging course day two Registration at Ballyraine Accommodation. Registration Monday morning too
Mon 29th - Fri 3rd July	09:00 - 20:00	Classes as per schedule
Mon 29th June	21:00 - 21:30	Monday Mingles - Meet new friends in the car park
Fri 3rd July	20:00	Show #1 - Losing Your Body
Sat 4th July	10:30 - 18:15 19:30 - 21:00 21:00 - Late	Pick 'n' Mix classes - The Aura & Loreto Gym Show #2 Social night with food - McGettigans Hotel
Sun 5th July	12:00 14:00 - Late	Accommodation check-out for one-weekers Registration for people arriving for week two - Ballyraine Campus
Mon 6th - Fri 10th July	09:00 - 20:00	Classes as per schedule
Mon 6th July	21:00 - 21:30	Monday Mingles - Meet new friends in the car park
Fri 10th July	20:00 21:00 - Late	Show #3 Social night - McGettigans Hotel
Sat 11th July	20:00 22:30 - Late	Emma Insley Cabaret Festival wrap party - Don't miss it!!
Sun 12th July	12:00	Accommodation check-out

What's new this year?



- New class times - We're squeezing those breaks down to 25 minutes, so that we can finish a little earlier in the day.
- New teachers and returning teachers, not all confirmed yet. Keep your eyes peeled!
- No more Explorer Experience, instead we have four explorer level classes that anyone can take, look out for the blue ones.
- New Classes - Dance Bungee with Chrissie! Act Creation with Amy Ell! Two acting classes; one about using your voice, and one about creating characters.
- We have a lot of act refinement/creation classes, but there's only so much time in the final show! We'll select some people to perform from these classes, but there won't be time for everyone.
- New website - much the same, but a bit more modern! Still working on the booking system for mobile devices...
- New payment methods, you can now use Google/Apple pay for faster checkout
- More to come....





































Week 1

29th June - 3rd July

WEEK 1 - MORNING



09:00-09:45	WARM UP - 9:10  TBC ∞ General	WARM UP  TBC ∞ Cyr Wheel	WARM UP  MAIRE DEE ∞ Pilates	GYROKINESIS  AMY ELL ∞ Disco	WARM UP  LEE CLAYDEN ∞ Dance
09:55-11:25	DANCE  RACHEL NÍ BHRAONÁIN 14 Contemporary	COUNTERWEIGHT  KAT & CHANTAL 14 Technique	HOOP  TBC 14 Technique	ROPE  APRIL BLISS 14 Technique	DANCE BUNGEE  CHRISSIE ARDILL 6 Technique
	STRAPS  SHANNON MCKENNA 9 Technique	COCOON  SIANNA BRUCE 14 Technique	DOUBLES TRAPEZE  TONI GUTIERREZ 12 Technique	CLOUD SWING  SAAR ROMBOUT 12 Technique	CYR WHEEL  AIDAN O'SHEA 12 Technique
	VERTICAL DANCE REP  LINDSEY BUTCHER 14 Choreography	CREATIVE TRAPEZE  AIMÉE HANCOCK 12 Creative	FABRIC  AMY ELL 20 Technique		
11:50-13:20	HARNESS TASTER  CHRISSIE ARDILL 14 Technique	CYR WHEEL  DANAE WOLLEN 12 Technique	DANCE TRAPEZE  SUZON GHEUR 14 Technique	STRAPS  SHANNON MCKENNA 9 Technique	SPIRAL  TBC 9 Tech/Creative
	DOUBLES TRAPEZE  TONI GUTIERREZ 12 Technique	FABRIC  LYDIA LARA 14 Technique	COUNTERWEIGHT  KAT & CHANTAL 14 Tech/Creative	VERTICAL DANCE  LINDSEY BUTCHER 14 Technique	
	ACT REFINEMENT  AIMÉE HANCOCK 4 Creative 1wk	ACT CREATION  AMY ELL 4 Creative 2 wk	GROUP HOOP*  AISLING NÍ CHEALLAIGH 7 Creative 2 wk	ROPE  MATTHEW HORTON 14 Technique	
13:20-14:15	LUNCH				

-  Theatre
-  Aura bay
-  Trinity Hall

-  Improver
-  Skilled
-  Advanced

☆ Perform 11th July

WEEK 1 - AFTERNOON



14:15-15:45	SUPPORTS TASTER 2 MAIRE DEE 14 Technique	VERTICAL DANCE 3 KAT COOLEY 12 Technique	FABRIC 1 LYDIA LARA 14 Technique	AERIAL DANCE HARNESS 2 LINDSEY BUTCHER 14 Tech/Creative
	CLOUD SWING 3 SAAR ROMBOUT 9 Technique	FABRIC 1 SHANNON MCKENNA 14 Technique	ROPE 2 TONI GUTIERREZ 14 Technique	DANCE TRAPEZE 2 AIMÉE HANCOCK 14 Technique
	CREATION LAB* CHANTAL MCCORMICK 6 Creative 2wk	ACT REFINEMENT* 2 AMY ELL 4 Creative 1wk	SPIRAL LAB* 3 LEE CLAYDEN 6 Creative 2wk	COCOON LAB* 3 SIANNA BRUCE 8 Creative 2wk
16:10-17:40	VERTICALS TASTER APRIL BLISS 14 Technique	ACROBATICS AIDAN O'SHEA 14 Lower level	COCOON 3 SIANNA BRUCE 14 Technique	VOICE & THEATRE 2 KARL QUINN 14 Acting
	SPIRAL 2 JENNIFER DE BRÚN 9 Tech/Creative	DANCE BUNGEE 1 CHRISSIE ARDILL 6 Technique	HOOP 2 ZAKI MUSA 14 Technique	ACT CREATION* 3 LINDSEY BUTCHER 4 Creative 2wk
	CREATIVE ROPE 3 MATTHEW HORTON 12 Creative	STRAPS 2 SHANNON MCKENNA 9 Technique	DANCE TRAPEZE 2 AIMÉE HANCOCK 14 Technique	
18:00-19:30	CHARACTERISATION 3 MALIK IBHEIS 14 Acting	VERTICAL DANCE 3 BEVERLEY GRANT 10 Technique	ACROBATICS 1 AIDAN O'SHEA 14 Higher Level	CREATIVE FABRIC 3 LYDIA LARA 14 Creative
15:50-16:50	WARM DOWN 1 TBC ∞ General			
17:45-18:55	FLEXIBILITY 1 TBC ∞ Warm Down	THAI MASSAGE & BALL ROLLING 2 AMY ELL ∞ Warm Down		
19:30-20:00	WARM DOWN 3 LIVIA ETELKA ∞ Warm Down			

- Theatre
- Aura bay
- ▲ Trinity Hall

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- Skilled
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Week 2

6th - 10th July

WEEK 2 - MORNING



09:00-09:45	WARM UP - 9:10  TBC ∞ General	WARM UP  TBC ∞ Cyr Wheel	WARM UP  MAIRE DEE ∞ Pilates	GYROKINESIS  AMY ELL ∞ Disco	WARM UP  LEE CLAYDEN ∞ Dance
09:55-11:25	DANCE  RACHEL NÍ BHRAONÁIN 14 Contemporary	CYR WHEEL  RONAN BRADY 12 Technique	HOOP  TBC 14 Technique	ROPE  APRIL BLISS 14 Technique	COUNTERWEIGHT  KAT & CHANTAL 14 Technique
	BUNGEE  ALEX POULTER 6 Technique	STRAPS  SHANNON MCKENNA 9 Technique	COCOON  SIANNA BRUCE 14 Technique	ROPE  TONI GUTIERREZ 14 Technique	CLOUD SWING  SAAR ROMBOUT 12 Technique
	VERTICAL DANCE REP  LINDSEY BUTCHER 14 Choreography	CREATIVE TRAPEZE  AIMÉE HANCOCK 12 Creative	FABRIC  AMY ELL 20 Technique		
11:50-13:20	HARNESS TASTER  CHRISSIE ARDILL 14 Technique	DANCE TRAPEZE  SUZON GHEUR 14 Technique	BUNGEE  ALEX POULTER 6 Technique	STRAPS  SHANNON MCKENNA 9 Technique	SPIRAL  TBC 9 Tech/Creative
	FABRIC  LYDIA LARA 14 Technique	DOUBLES TRAPEZE  TONI GUTIERREZ 12 Technique	COUNTERWEIGHT  KAT & CHANTAL 14 Tech/Creative	VERTICAL DANCE  LINDSEY BUTCHER 14 Technique	
	ACT REFINEMENT  AIMÉE HANCOCK 4 Creative 1wk	ACT CREATION  AMY ELL 4 Creative 2wk	CYR WHEEL  AIDAN O'SHEA 12 Technique	GROUP HOOP*  AISLING NÍ CHEALLAIGH 7 Creative 2wk	
	ROPE  MATTHEW HORTON 14 Technique				
13:20-14:15	LUNCH				

-  Theatre
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-  Trinity Hall

-  Improver
-  Skilled
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☆ Perform 11th July

WEEK 2 - AFTERNOON



14:15-15:45

SUPPORTS TASTER 2
MAIRE DEE 14 Technique

DANCE BUNGEE 1
CHRISSIE ARDILL 6 Technique

VERTICAL DANCE 3
KAT COOLEY 12 Technique

FABRIC 1
LYDIA LARA 14 Technique

AERIAL DANCE HARNESS 2
LINDSEY BUTCHER 14 Tech/Creative

DOUBLES TRAPEZE 2
TONI GUTIERREZ 12 Technique

FABRIC 1
SHANNON MCKENNA 14 Technique

ROPE 2
MATTHEW HORTON 14 Technique

DANCE TRAPEZE 2
AIMÉE HANCOCK 14 Technique

CYR WHEEL ▲
AIDAN O'SHEA 12 Technique

CREATION LAB* ■
CHANTAL MCCORMICK 6 Creative 2wk

ACT REFINEMENT* 2
AMY ELL 4 Creative 1wk

SPIRAL LAB* 3
LEE CLAYDEN 6 Creative 2wk

COCOON LAB* 3
SIANNA BRUCE 8 Creative 2wk

HOOP 2
AISLING NÍ CHEALLAIGH 14 Technique

16:10-17:40

VERTICALS TASTER ●
APRIL BLISS 14 Technique

ACROBATICS ●
AIDAN O'SHEA 14 Lower level

CYR WHEEL ▲
DANAE WOLLEN 12 Technique

COCOON 3
SIANNA BRUCE 14 Technique

SPIRAL 2
JENNIFER DE BRÚN 9 Tech/Creative

DOUBLES WALL RUNNING 3
MAIRE & BEV 14 Technique

DANCE BUNGEE 1
CHRISSIE ARDILL 6 Technique

HOOP 2
ZAKI MUSA 14 Technique

ACT CREATION* 3
LINDSEY BUTCHER 4 Creative 2wk

MULTI CORD 3
SAAR ROMBOUT 12 Technique

CREATIVE ROPE 3
MATTHEW HORTON 12 Creative

STRAPS 2
SHANNON MCKENNA 9 Technique

DANCE TRAPEZE 2
AIMÉE HANCOCK 14 Technique

18:00-19:30

CHARACTERISATION 3
MALIK IBHEIS 14 Acting

VERTICAL DANCE 3
BEVERLEY GRANT 10 Technique

CLOUD SWING 3
SAAR ROMBOUT 9 Technique

BUNGEE 1
ALEX POULTER 6 Technique

ACROBATICS 1
AIDAN O'SHEA 14 Higher Level

CREATIVE FABRIC 3
LYDIA LARA 14 Creative

15:50-16:50

WARM DOWN 1
TBC ∞ General

17:45-18:55

FLEXIBILITY 1
TBC ∞ Warm Down

THAI MASSAGE & BALL ROLLING 2
AMY ELL ∞ Warm Down

19:30-20:00

WARM DOWN 3
LIVIA ETELKA ∞ Warm Down

■ Theatre
● Aura bay
▲ Trinity Hall

■ Improver
■ Skilled
■ Advanced

☆ Perform 11th July



Weekend

4th July

Pick 'n' Mix Weekend - SATURDAY 4TH JULY

Aura

10:30-13:30

INJURY PREVENTION

AMY ELL20Let's Fix You

10:30-11:30

WARM UP

TBC∞General

11:30-13:00

DANCE TRAPEZE

AIMÉE HANCOCK14Technique

14:00-15:30

STRAPS

SHANNON MCKENNA9Technique

15:45-17:15

HULA HOOPS

TESS MUNRO PEDREROS14Technique

17:15-18:15

COOL DOWN

TBC∞General

11:00-17:00

KIDS DAY

SARA & TESS20

11:00-17:00

ADULTS TASTER DAY

TBC20

11:30-13:00

CREATIVE PLAY

HOLLY TREDDENICK12Creative

14:00-15:30

SPIRAL

JENNIFER DE BRÚN14Technique

15:45-17:15

HOOP SPINNING

TBC14Technique

11:00-17:00

STRAPS

SHANNON MCKENNA9Technique

14:00-15:30

BUNGEE DANCE

BEVERLEY GRANT14Technique

15:45-17:15

VERTICAL DANCE

BEVERLEY GRANT15Technique

11:30-13:00

FABRIC CHOREO

LYDIA LARA14Technique

14:00-15:30

TRAPEZE SPINNING

AIMÉE HANCOCK14Technique

15:45-17:15

CREATIVE PLAY

HOLLY TREDDENICK12Creative

11:30-13:00

CLOUD SWING

SAAR ROMBOUT14Technique

15:45-17:15

HAND TO HAND

AIDAN O'SHEA14Technique

1h class - €15

1.5h class - €35

3h class - €70

ALL DAY PASS - €120




PRICES

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

ALL DAY PASS - €120

Trinity Hall

10:30-13:30	CYR WHEEL LAB  AIDAN O'SHEA 12 Technique
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-  Theatre
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WEEKEND RIGGING COURSE - 27th & 28th JUNE



Saturday - 14:00 - 19:00

Sunday - 10:00 - 16:00

Location: The Aura

Price: €300

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.





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