

# Level 1 Remote Teacher Training Schedule

## Color code

Red requires aerial apparatus

Purple is warm-up / cool down or floor space

Orange is lecture or discussion only - no aerial

## **Zoom Class 1 - May 15, 2021**

Saturday 2:30pm - 6:30pm GMT (London)

2:30pm - 3:05pm	Introductions	35 minutes
3:05pm - 3:10pm	Transition to Floor space	5 minutes
3:10pm - 3:35pm	Warm Up by PDM	25 minutes
3:35pm - 4:40pm	Form and Function part 1	65 minutes
4:40pm - 4:50pm	Break	10 minutes
4:50pm - 5:55pm	Form and Function part 2	65 minutes
5:55pm - 6:00pm	Transition to Floor space	5 minutes
6:00pm - 6:15pm	Cool Down By PDM	15 minutes
6:15pm - 6:30pm	Wrap up Q&A about video submissions	15 Minutes

\*For Zoom Class 1 it is possible to participate on an at home pull up bar. This would make it possible to attend the entire session without studio access, if that is a consideration for some participants.

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## **Zoom class 2 - May 22, 2021**

Saturday 2:30pm - 6:30pm GMT (London)

2:30pm - 3:30pm	Class Management & Anatomy	60 Minutes
3:30pm - 3:35pm	Transition to Floor space	5 minutes
3:35pm - 3:55pm	Warm-Up	20 minutes
3:55pm - 4:50pm	Demonstrating and Verbalizing	55 minutes
4:50pm - 5:00pm	Break	10 minutes
5:00pm - 5:55pm	Giving Verbal Correction	55 minutes
5:55pm - 6:00pm	Transition to Floor space	5 minutes
6:00pm - 6:15pm	Cool Down By PDM	15 minutes
6:15pm - 6:30pm	Wrap Up	10 minutes

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## **Zoom Class 3 - May 29, 2021**

Saturday 2:30pm - 6:30pm GMT (London)

2:30pm - 3:30pm	Safety & Rigging	60 Minutes
3:30pm - 3:35pm	Transition to Floor space	5 minutes
3:35pm - 3:55pm	Warm-Up	20 minutes
3:55pm - 4:50pm	Kinesthetic Approach	55 minutes
4:50pm - 5:00pm	Break	10 minutes
5:00pm - 5:55pm	Creative Approach	55 minutes
5:55pm - 6:00pm	Transition to Floor space	5 minutes
6:00pm - 6:15pm	Cool Down By PDM	15 minutes
6:15pm - 6:30pm	Wrap Up	15 minutes