

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 5pm - 9pm PST (Los Angeles)

5:00pm - 5:35pm	Introductions	35 minutes
5:35pm - 5:40pm	Transition to Floor space	5 minutes
5:40pm - 6:05pm	Warm Up	25 minutes
6:05pm - 7:10pm	Form and Function part 1	65 minutes
7:10pm - 7:25pm	Break	10 minutes
7:25pm - 8:25pm	Form and Function part 2	65 minutes
8:25pm - 8:30pm	Transition to Floor space	5 minutes
8:30pm - 8:45pm	Cool Down	15 minutes
8:45pm - 9:00pm	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.

Zoom class 2 - May 22, 2021

Saturday 5pm - 9pm PST (Los Angeles)

5:00pm - 6:00pm	Class Management & Anatomy	60 Minutes
6:00pm - 6:05pm	Transition to Floor space	5 minutes
6:05pm - 6:25pm	Warm-Up	20 minutes
6:25pm - 7:20pm	Demonstrating and Verbalizing	55 minutes
7:20pm - 7:30pm	Break	10 minutes
7:30pm - 8:25pm	Giving Verbal Correction	55 minutes
8:25pm - 8:30pm	Transition to Floor space	5 minutes
8:30pm - 8:45pm	Cool Down	15 minutes
8:45pm - 9:00pm	Wrap Up	10 minutes

Zoom Class 3 - May 29, 2021

Saturday 5pm - 9pm PST (Los Angeles)

5:00pm - 6:00pm	Safety & Rigging	60 Minutes
6:00pm - 6:05	Transition to Floor space	5 minutes
6:05 - 6:25	Warm-Up	20 minutes
6:25 - 7:20	Kinesthetic Approach	55 minutes
7:20 - 7:30	Break	10 minutes
7:30 - 8:25	Creative Approach	55 minutes
8:25 - 8:30	Transition to Floor space	5 minutes
8:30 - 8:45	Cool Down	15 minutes
8:45 - 9:00	Wrap Up	15 minutes