

AERIAL AT THE AULD KIRK CLASSES INFO PACK

Class Descriptions

Elevate

Thursdays

4:30 - 5:45pm

This class is designed for students who are eager to move at a faster pace. It's especially well-suited for those with backgrounds in dance, gymnastics, or other movement practices. Students will work at their own pace in a supportive, non-competitive environment, with guidance on technique and creative expression, plus options for additional challenges. No prior aerial experience is required.

Open-Level Aerial

Thursdays

6:00 - 7:15

This all-levels class welcomes students of every background, from complete beginners to experienced movers. Each student will progress at their own pace within a supportive group setting, with plenty of warm encouragement and peer support. Guided instruction will focus on both technique and creative expression, with opportunities for added challenges along the way. No prior aerial experience is required.



AERIAL AT THE AULD KIRK

About the Instructor

Sarah Bebe Holmes

Co-Founder, Co-Artistic Director International Aerial
Theatre Company - Paper Doll Militia

Sarah Bebe Holmes has been performing, and teaching
aerial since 2005. She leads aerial teacher training
programs around the world and hosts retreats annually in
Greece & Mexico.

She is a director for circus theatre productions
specializing in worlds which are issue-based, delving into
social and political issues utilizing text, acrobatic movement
on invented apparatus, and live musical integration.



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Pricing and Schedule

Class Pack

6 classes for £96 (£16/class)

Drop in Class Price

£25

Session 1: Thursdays

Class 1: September 25

Class 2: October 2

Class 3: October 9

Class 4: October 16

-----NO CLASS October 23 -----

Class 5: October 30

Class 6: November 6

Private Lessons

If you are looking for more individualized sessions, or wanting to progress quicker you can book in 1:1 sessions with Sarah. Private sessions are 1 hour long, this will include a 10 minute led warm-up from the instructor.

Private Rates

£75 for 1 person

£100 for 2 people (£50/person)

£120 for 3 people (£40/person)

£140 for 4 people (£35/person)

Cancellation Policy:

There are zero refunds for cancellations at any time for the classes. These classes are small and require committed students for a positive learning environment.

For private lessons you can reschedule with 24 hours notice.



AERIAL AT THE AULD KIRK

Studio Culture

We believe movement is for everyone, and our space is designed to be supportive, inspiring, and inclusive. Our goal is to create an environment where students of all backgrounds and levels can explore aerial arts with curiosity, joy, and confidence.

What Non-Competitive Means Here

Our studio is not about comparison—it's about growth. We encourage students to:

- Focus on their own progress instead of measuring against others.
- Celebrate classmates' achievements without feeling pressured to match them.
- Ask questions and share ideas, knowing that everyone is on their own path.
- Recognize that rest, patience, and consistency are as important as pushing for new skills.

Guidelines for a Supportive Environment

- Celebrate effort. Progress looks different for everyone, and trying is as valuable as achieving.
- Honor individuality. There is no one "right" way to move—creativity is welcome.
- Respect boundaries. Physical and emotional safety come first; always listen to your body and respect others'.
- Stay curious. Approach each class as an opportunity to learn, not a competition to win.

Together, we're building a community where students feel safe to take risks, explore movement, and grow—not just as aerialists, but as artists and humans.

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FAQ's

What's the main difference between the two classes?

The biggest difference is mindset. You do not need a ballet or dance background to join Elevate—beginners are completely welcome. All that's required is a strong interest in aerial and a willingness to explore what's possible for you.

If you're excited to push yourself toward more challenging material, while building extra strength, conditioning, and flexibility, Elevate may be the best fit.

If you're looking for a slightly more relaxed pace—where you'll still work hard, but without focusing on the more advanced or demanding skills—Open Level Aerial could be right for you.

What if the class I fit better into doesn't work for my schedule:

I keep the classes small - only 8 students in each one in order to give individualized attention. No matter the class you will definitely work at your own pace. It just might mean that the other students in that group might be working at a different pace than you.

What should I wear to class?

Wear comfortable clothes that offer skin protection, make sure to bring long trousers and long sleeves for some movements may cause friction on the skin. **NO ZIPPERS OR SNAPS ALLOWED** - this will put holes in the fabrics. If you come with these you will **NOT BE ALLOWED** on the equipment.

Am I too old to start?

All are welcome ages 16- 100. I have personally taught people aerial into their mid 70's.

Why are drop-in prices higher?

I set the session rate to be affordable and to encourage people to choose this option, since this practice is best done with consistency to maintain strength, focus, and skill retention.

Are kids allowed?

At this time we are only offering classes for 16+. We may expand and add kids classes at a later date.

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Are you ready?

BOOK HERE

If you have questions feel free to write to Sarah
paperdollmilitia@gmail.com
or whatsapp
07815 616 990