

Frequent Flyers® Aerial Dance Festival 2018				
Class Schedule at-a-glance				
	Opening Reception: July 29, 6 pm			
Week A	July 30 - Aug. 3			
	FFP-ADS 1	FFP-ADS 2	Dairy Gordon	Elite Dance Academy
9:00 - 10:30 am	Bungee Dance & Build - Dani	Aerial Orienteering on Fabric - Elsie & Molly	The Body Poetic - Susan	
10:30 - noon	"	"	"	
lunch 12-1 pm	lunch	lunch	lunch	lunch
1:00-2:30 pm	Rope & Harness - Valerie	Partnering in Air - Elsie/Molly	Low-Flying Trap Sequencing - Jayne	Handstand - Yuki
3:00-4:30 pm	Lyra - Int. - Elsie	Dynamic Rope & Fabric - Int/Adv - Alex	Aerial Yoga - Jayne	
dinner 4:30-5:30	dinner	dinner	dinner	dinner
5:30-7:00 pm	Sling: Sensation, Suspension, Falling, Making - Danielle G	Rope Choreography - Int/Adv - Alex		Conditioning / Flexibility - Molly
	Mon. 7/30, 8 PM: Intimate Encounters			
	8/2 Thai Massage - Yuki. 7:30-9:00 pm		Showcase Performances: 8/3, 4, 5 (Dairy)	
Week B	August 6 - 10			
	FFP-ADS 1	FFP-ADS 2	CU 150	Elite Dance Academy or CU 350
9:00 - 10:30 am	A.R.T: Skinner Releasing Technique & Aerial Improv - Nancy	Floor & Air, Rope & Fabric - Alex	Partnering on Dance Trapeze - Megan	
10:30 - noon	"	"	"	
lunch 12-1 pm	lunch	lunch	lunch	lunch

1:00-2:30 pm	Lyra - Int/Adv - Elsie	Dynamic Rope & Fabric - Alex	Laban & Aerial Choreography - Susan	Handstand - Yuki - Elite Dance Academy
3:00-4:30 pm	Aerial Choreography on Mixed Apparatus - Jayne	Fabric: Back Dives & Beyond - Adv. - Molly	Rope & Harness - Valerie	
dinner 4:30-5:30	Dinner	dinner	dinner	dinner
5:30-7:00 pm	Softly Swaying Aerial Yoga - Jayne	Fabric Choreography - Mandy	Sling - Elsie	Conditioning / Flexibility - Molly - CU 350
7:30 - 9:00 pm	8/7 Make Up - Jill Scott			
	8/9 Thai Massage - Yuki			
	8/11 Reception & Alumni performance			
To register: visit www.frequentflyers.org. Questions: 303-245-8272				

Key: 3 hr. Immersions

Key: lunch / dinner

Key: Events / performances

Key: Workshops

Key: 90 minute classes