



LYRA INSTRUCTOR TRAINING PROGRAM
BEGINNER/INTERMEDIATE LEVEL COURSE CURRICULUM
(IN-PERSON TRAINING DAYS)

DAY 1

Module 1 – Course Expectations and Introduction

- Introduction
 - Expectations and outcomes
 - Explain the process of the course/Modules/shadowing/assessments etc
 - What to expect going out into the aerial industry as an instructor
 - Talking about 1st aid requirements
 - Describing the value of fitness
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Module 2 – Lyra Safety

- Rigging
 - Carabiner & rope safety
 - Equipment
 - Mats & flooring
 - Nature of the apparatus
 - If you see something, say something
 - Recreational fitness
 - Seriousness & controlling the class
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Module 3 – Anatomy

- basic lyra anatomy, actions and how they relate to your class
 - cue-ing correct shoulder technique in various grip positions
 - cue-ing correct core engagement
 - Injury prevention
 - Safe spotting
 - All types of lyra grips
 - the pregnant aerialist
 - injury management in class
 - touching on cross training
 - pop quiz done online while in class
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Module 4 – Tricks #1 (Mounts)

- Teaching breakdown
 - Learn all static beginner/Inter mounts
 - Static dynamics and how it differs to Spin
 - Safe spotting in mounts
 - Teach to each other
 - Get them to demo back the tricks with teaching points
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DAY 2

Module 5 – Warm-ups

- Warm up breakdown
- Developing your warm-up (head to toe) (full body)
- Counting and cueing
- The importance of a safe and fun warm up
- Technique and appropriate warm up content for the level
- Music choices
- Reps for beginners (level appropriate)
- Different styles of warm ups – Studio's style of warm up

HOMEWORK – Film and send through a full warm up(10mins) link intro video to the start

Module 6 – Tricks #2 (Under the bar)

- Teaching breakdown
 - Breakdown of grips
 - Learn all beginner/Inter under the bar tricks (static & spin)
 - Safe spotting
 - Teach to each other
 - Get them to demo back the tricks with teaching points
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Module 7 – Workplace

- Employer and employee expectations, training/pays etc
 - Insurance, WWC & first aid (duck for cover, dancesurance, AON)
 - Branding, social media
 - Independent, subcontractor or casual worker
 - Etiquette and Professionalism
 - Studio variations & expectations
 - Questions to ask as an employee (work cover)
 - Personal relationship and setting boundaries with students*
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Module 8 – Tricks #3 (In the hoop)

- Teaching breakdown
- Breakdown of grips
- Learn all beginner/Inter in the hoop tricks (static & spin)
- Safe spotting
- Teach to each other
- Get them to demo back the tricks with teaching points

HOMEWORK - Film 1 trick video and 3 trick write ups with breakdown with added regressions and progressions, Can choose from tricks learnt from module 4, 6 or 8



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DAY 3

Module 9 – Core/Lyra Conditioning

- Core conditioning exercises
- Lyra conditioning exercises
- Theraband exercises
- The importance of these being in your classes
- Talking about what's level appropriate

Module 10 – Tricks #4 (Spin & Dynamic)

- Teaching breakdown
- Breakdown of grips
- Learn all beginner/Inter in the hoop tricks (static & spin)
- Spin control & technique
- Safe spotting in dynamic movements
- Teach to each other
- Get them to demo back the tricks with teaching points

Module 11 – Beginner class structure

- Breakdown of a beginner Class structure
 - How to put together and develop your own class structure – This will depend on the studio you end up working at.
 - Time management, planning a balanced class.
 - How to teach and structure private classes
 - Pre class prep time
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Module 12 – Instructor Style

- The type of instructor you want to be
 - Your style and personality
 - Introducing yourself and your class intro
 - The Balance between Education and entertainment
 - Learning Styles and Personalities in your classes
 - Learning how to give appropriate regressions and progressions
 - Selfcare – Teaching multiple classes and training for yourself
 - Voice projection and engagement
 - Sales and promotion
 - Classroom management
 - Different Learning Styles
 - Commanding the room – voice projection, distractions
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Module 13 – Musicality & Flow

- Musicality and counting
- How to apply dance to aerials
- Technique, execution & lines (Point of basic technique)
- Coaching - routines and competitions
- Beg/Inter Level appropriate moves
- Routine teaching breakdown
- Dance styles
- Teach a basic dance sequence



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DAY 4

Module 14 – Tricks #5 (Combos)

- Teaching breakdown
 - Breakdown of grips
 - Learn all combos & transitions
 - Flow and execution
 - Teach to each other
 - Get them to demo back the tricks with teaching points
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Module 15 – Cool Downs

- Cool down Breakdown
 - Stretches and flexibility
 - The importance of a cool down/stretch being in your classes
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Module 16 – Revision/Q&A

- Revision of tricks & combos
- Getting them accustomed to the stage
- Going through regressions and progressions
- Troubleshooting common and problematic tricks
- Feedback
- Personal relationship and setting boundaries with students



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DAY 5/6

Assessments

One on one practical assessments with Trainers

Wrap Up & Photos!
