

## Freefall aerial circus classes for adults

### These classes no longer operate at the Black-E

Freefall formerly (black&blue) are an aerial circus theatre company resident at The Black-E, and since their debut in 2003 at the Edinburgh Festival, have produced a number of shows for the stage in venues such as Contact Theatre and The Green Room in Manchester, as well as devising short pieces for cabaret and festival audiences.

Freefall's creative directors are Barry Welsh and Nick Hunt. Our aim is to make performance that is both challenging and entertaining, bringing together elements of traditional aerial circus and cabaret but creating something more contemporary that veers from an intense and dark edginess to frantic, humorous slapstick.

Barry is a freelance artist, performer, choreographer and teacher in aerial circus skills. He is a qualified circus teacher and studied at the Arden School in Manchester and Circomedia in Bristol. Nick's background is in the visual and performing arts, with a degree and post graduate qualifications in photography, art and design. He joined Freefall as a musician and set designer in 2005, started training as an aerialist, and is a freelance artist, performer and teacher with the company.

Our weekly program of classes and training sessions all take place in the main space at The Black-E which has been specifically designed to accommodate professional aerial circus.

We teach a mix of disciplines and aerial skills in our regular Monday, Tuesday and Wednesday classes on static trapeze, silks, corde lisse and aerial hoop. These classes are available on a drop in basis, with discounts offered for Freefall members as well as for block bookings. Our Thursday and Saturday training and skill share sessions are aimed at experienced and advanced aerialists and performers by appointment only, and run whenever the space is not in use for performances or other events. Please be sure to contact us in advance to book these sessions as we are not able to offer them on a weekly drop in basis.

You can join at any time or just try a one off class.

Monday 7.00pm - 9.00pm Intermediate/advanced mixed aerial.

Tuesday 7.00pm - 9.00pm Beginners/intermediate mixed aerial

Wednesday 8.00pm - 10.00pm Beginners/intermediate mixed aerial

TRAINING AND SKILL SHARE SESSIONS (by appointment when space is available)

Thursday 7pm to 9.00pm Aerial training and skill share

Saturday 3.00pm to 5.00pm Aerial training and skill share

Drop in classes - members £12, non-members £15 Block of 4 consecutive weekly classes - members £40, non-members £48 Aerial training and skill share sessions - members £8, non-members £10 Membership costs £25 per year.

Members from low income families or NUS are welcome to join our classes for free.

[www.blackandblue.org.uk](http://www.blackandblue.org.uk)

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**Source URL:** <https://www.theblack-e.co.uk/content/museum/freefall-aerial-circus-classes-adults>