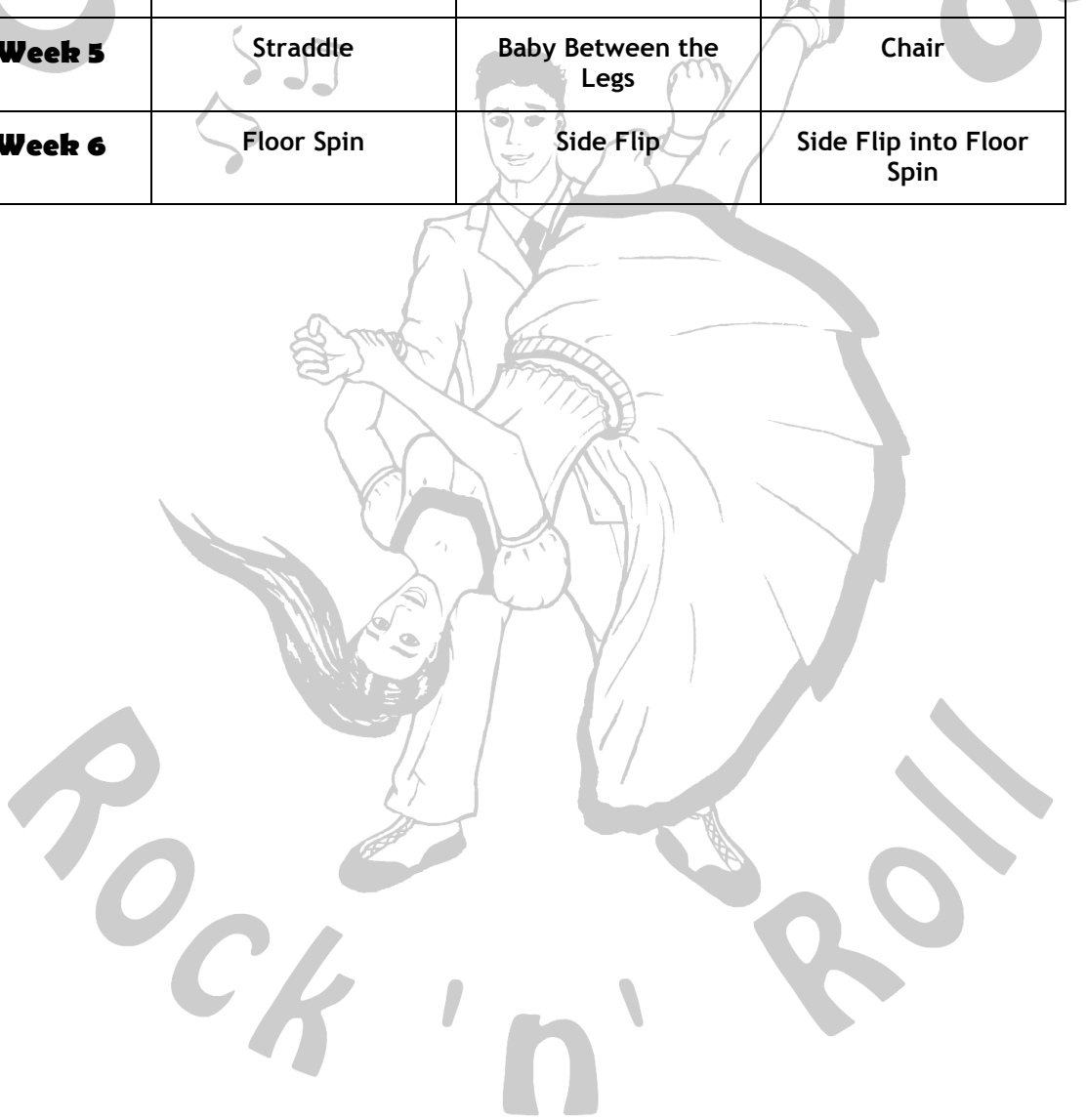
Basic Aerials

| Aerials | Tier 1 | Tier 2 | Tier 3 |
|---|---|---|---|
| Week 1 | Safety First | How to Jump/Lift | Knee Hops |
| Week 2 | Back Drop | The Statue | Statue into Back Drop |
| Week 3 | The Dip | Side Lift | Dip into Side Lift |
| Week 4 | Lay Drop | Reverse Pull Through | Reverse Pull Through into Lay Drop v/v |
| Week 5 | Straddle | Baby Between the Legs | Chair |
| Week 6 | Floor Spin | Side Flip | Side Flip into Floor Spin |