

AERIAL SPORTS SECTION ANNUAL REPORT 2025



Summary of 2025

The Aerial Sports Section started with the desire of 3 pole dancers to have a space to train at PSI. After some discussions with the Sport Clubs board, the Dance Sport Section offered to welcome us under their umbrella, and so the Aerial Sport Section officially became a reality after the approval of the General Assembly 2025. Installation of equipment begun a few months after, where 4 poles were mounted on the Gymnastikraum at the SportClub center. Weekly pole classes (limited to a maximum of 8 participants) and flexibility classes started taking place in summer. In October we installed 2 aerial hoops, so our courses offer expanded with Hoop classes (limited to 4 participants).



Our Schedule

A main challenge for the aerial sport section was to fit the schedule in a shared room with a very busy occupancy. The motivation and interest in this sport have proved to be high, but our proposed schedule seems not to suit our community the best.

The schedule that we ended up finding and seems to be working for now is the following.

Monday	Tuesday	Wednesday	Thursday	Friday
			8.30-9.30 Stretching	
		17.00-18.00 Pole beginner		17.15-18.30 Pole all levels
		Coming soon	18.30-19.30 Hoop beginner	

Offered courses

Pole beginner (Mariona): The pole beginner class aims to teach the basic techniques of pole sport and is open to anyone (participants with few to no experience are welcome). It started in June 2025 and, since then, 27 courses took place. 30 different people participated in them, with an average of 5.1 students per class, and it now has a pool of 8 regular participants. The regular participants are growing a lot on their level and are already mastering their first inversions, so we will soon open a new course to give room to people that want to try from 0 (splitting between full new beginners and beginners with experience).



Pole mixed levels (Rebecca): This course was initially intended for PSI employees that were already familiar with the sport. However, due to the very small number (2-3) of available people knowing pole already, the course has been open to all levels. Students can attend this class, complementary to Wednesday, to increase their level with more challenging training. Since the first class in September 2025, 10 classes took place with a total of 26 students and an average of 2.6 students per class. Up to now, there have been 3 regular students. This class started late in the year, and the training level has been varying since then, so the attendance rate of regular students is expected to vary. This class suffers from a difficult schedule related to room availability; it is hard to have students on Friday evenings.



Hoop beginner (Rebecca): This class is meant to teach basic techniques and figures on an Aerial Hoop – hanging from the ceiling. Due to the great interest of our aerial community in trying out hoop, we did a big inauguration week in October 2025 offering two trial classes that got fully booked, for a total of 8 students. After the trial days, 9 classes took place with a total of 22 attendees and an average of 2.5 students per class. This class started later in the year, so the attendance rate of regular students cannot be defined yet. Up to now there have been 2 regular students, but the rate is expected to increase to 3-4 regular students.



Stretching (Giulia): The stretching and flexibility class focuses on exercises to improve stretching and flexibility—both fundamental for pole and hoop choreographies—while also strengthening the body and helping to prevent injuries. The class is open to any sport club member and is suitable for all levels. Stretching classes started in June 2025 and initially attracted limited interest, with one or two participants per



session. From September onward, attendance increased to an average of 4 participants. The current limited number of participants is partly due to the early-morning schedule. An afternoon time slot would be preferable; however, this is currently constrained by room availability. To increase the number of attendants, we are planning to advertise the class beyond our section, as athletes from all disciplines can benefit from stretching!

Description of events

In 2025, we organized our own events and participated in the organized by the Sport Club.

- **Participation in Sport-Club Fest:** On the 3rd of September, we participated in the Sport Club Fest, where we rented a portable Pole Stage to let the participants of the festival to come and try the sport. We also invited the pole champion Alexander Suvorinov to do a performance in front of all the audience. We got very positive feedback of the activity, and it was great to participate in this very successful event organised by the Sport Club.
- **Halloween:** on the week of the 31st October, the pole beginner class did a Halloween special, where students were invited to come in Halloween costumes and we learnt spooky tricks and figures on the pole. Halloween decorations and props were purchased for this and will be reused for next year.
- **Xmas special:** The 5th of December we organized a Christmas party opened to all students of our community. We offered snacks and drinks, with Christmas decorations, and a small training focused on dancing together on Christmas songs. This event aimed at bringing together all students from the section to share our common aerial passion.



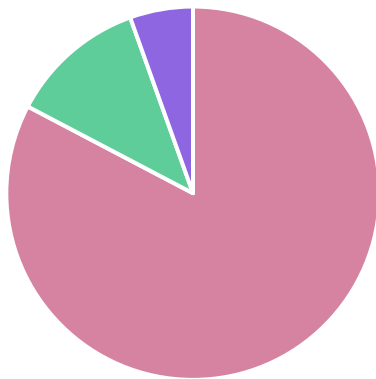
Purchased equipment in 2025

Regarding the equipment, all of it is semi-permanent, which means it can be dismantled or folded into the ceiling so the room can then be used by other club members.

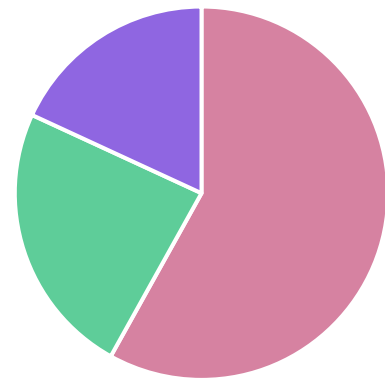
- 4 Poles
- 2 Hoops
- 1 Pole Stage
- 2 Crash mats

Spending 2025 – Budget 2026

2025 – 4500 CHFs



2026 – 2000 CHFs



Equipment
Common use
Events

Outlook for 2026

- **Equipment:** We plan to expand our equipment to be able to host more students in each class, so we would like to go from 4-->5 poles (8 --> 10 participants), and from 2-->4 hoops (4 --> 8 participants). We also plan to buy material for the stretching class, that can potentially be shared with the Yoga, Zumba and Pilates section.
- **New courses:** We plan to introduce a new beginner class, which would take place on Wednesday at 18.00. This is to diversify the levels so that pole classes can be tailored to a more specific level of the participants.
- **Collaborations:** We wish to collaborate with the Music Club and PPA on their events, since now we have a portable pole stage that can be mounted easily in the solar building or elsewhere.

Section Heads



Giulia Malvicini



Mariona Bonàs Vera



Rebecca Riccioli