



## GENERAL

### What to wear:

- Full length or 3/4 training tights (no hot pants for aerial specific classes)
- Comfortable fitted top, crop top or leotard
- Back of knees and high waist covering is essential to protect your skin and in order for you to participate in aerial activities safely
- Beyond shoulder length hair must be tied back

### What not to wear:

- Zippers
- Any other sharp items on clothing
- Watches, sharp rings and dangling jewellery **MUST** be removed before each class
- No shoes or socks (with the exception of ASP class)
- No training gloves/gym gloves

### Facilities:

- Two x toilets
- Two x change rooms separate to toilets (please do not use toilets as change rooms)
- Couches, seats and benches are found in our Student Lounge area - students & staff only permitted in this area
- Cubbies for students personal belongings

### Parking:

- Ample on street parking is available
- Parking within the complex is strictly for instructors only
- Student/Parent vehicles are not permitted within the gates of the complex at any time, due to body corporate safety regulations
- Ensure children are wearing shoes to arrive and leave training, and are accompanied by an adult to walk to the building if they are under 10 years of age

**\*\*NOTE\*\*** Our neighbours operate heavy machinery and trucks in and out of the property until 7pm. Please be respectful and stick to these basic guidelines, so they can operate safely, whilst our lessons are taking place

### Aerial Etiquette:

- Please do not touch the aerial equipment or move into the aerial training area until your class time
- Students arriving after the full warm up and stretch has been completed will not be permitted to take part in the class for safety reasons. In the event you/your child has arrived too late to participate we will endeavour to find a suitable make up class for you
- Do not interrupt instructors of other classes whilst they are teaching
- Students are not permitted to attempt to instruct or spot other students
- No shoes, food or drinks other than water in the training area at any time
- Shoes are permitted on the wooden floor only

### What happens in a 1 hour class?

All classes start with a full body warm up, to ensure all your muscles and joints are ready to train!

- You do not need to arrive early to do your own warm up



- Around 45 minutes is spent on the aerial apparatus (with the exception of our Explorers classes) learning and perfecting your new aerial skills!
- Each class contains conditioning exercises (aerial specific, strength training) and a stretch/muscle cool down

### **Annual Events**

- Individual showcases are run for our Aerial Kids & our Aerial Adult students biannually
- Parents Week is run at the end of Term 1 & 3
- Presentation Week is run at the end of every term for Circus Explorers
- Our Aerial Centre Stage show is on during or just after Term 3 holidays
- Adults & Kids Aerial intensive programs and specialty workshops are run during all school holiday periods

Info for all of the above is always emailed out to students well in advanced as well as listed on our website.

### **Facebook Groups**

We have private, group pages on Facebook for both Aerial Kids (Parents page) and Aerial Adults, so we can update you and notify you quickly of any relevant news.

Please make sure you join the relevant page:

[Aerial Kids FB Group](#)

[Aerial Adults FB Group](#)

### **Levels and Student Progress:**

Our lessons are sequentially structured based on our detailed, levelled syllabus.

Students progress gradually through their new skills, as the term progresses.

Students are required to reach specific strength, flexibility and skills goals in order to keep moving up through our levels.

This practise is in place for safety and to reduce the risk of injury for our students.

Aerial arts can be a dangerous sport, when not taught/trained responsibly.

If you/your child are not progressing at a rate you are satisfied with, private lessons can be organised to supplement the current training.

### **AERIAL KIDS**

- Please arrive no more than 10 minutes prior to your class commencing
- Children under 9 years are not to be dropped off and left unsupervised more than 5 minutes prior to class commencing
- Please arrange for your child to be picked up immediately after their class concludes
- Due to COVID restrictions and moving forward we are a Spectator Free zone onsite - this includes the outdoor carpark area
- Parents/siblings permitted onsite only for pick up and drop off 5 minutes either side of the class being attended
- STRICTLY NO FILMING OF OUR INSTRUCTORS IS PERMITTED AT ANY TIME
- Children are not to use phones/mobile devices during class unless instructor has allowed them to film part of their own training (instructors are not permitted to be filmed)
- Please ensure your child has a bottle of water for class

### **AERIAL ADULTS**

- Our Adults classes are STRICTLY spectator free - please do not bring your children, partner, friend etc as they will be asked to leave on arrival



- Phones/iPads etc are to be switched to flight mode during class, if you wish to use them for filming yourself
- Please arrive no more than 5 minutes prior to your class commencing
- STRICTLY NO FILMING OF OUR INSTRUCTORS IS PERMITTED AT ANY TIME

## MAKEUP LESSONS

You have the opportunity to take advantage of two make up lessons in a ten week term, if you cannot make your scheduled class.

Please understand that makeup lessons are strictly subject to availability, and in no way an entitlement upon enrolling.

We will do our best to find a suitable class/time for a makeup lesson, however if there are no suitable classes available for you/your child to take advantage of, there is no refund/reimbursement available for the classes you miss. All our aerial classes are structured in a way to provide sequential and progressive learning, applicable to each specific level.

Therefore you may not be able to join another class for a makeup as it will interrupt the other students learning progress.

The following terms and conditions apply for makeup lessons:

- Makeup lessons can only be taken during the term you are currently enrolled into
- They can only be taken FOLLOWING the class you have missed, not prior to it
- If you are missing class in the final week of term there is likely to be no makeup lesson option available
- You must notify admin at least 12 hours prior to missing your class, or you will be marked as absent and may not be eligible to take advantage of a makeup for that lesson (unless an emergency situation has arisen)
- Makeups cannot be rolled into future terms, or credited to your account
- They cannot be transferred as credit for open training, private lessons or workshops
- To book your makeup lesson please contact admin via PHONE or EMAIL a maximum of 5 days prior to the class you would like to do a makeup in, and no earlier
- These make up terms and conditions form a part of the enrollment form/waiver signed upon enrolling and are non-negotiable

We do endeavour to find a suitable class for you/your child to do a makeup lesson in, however it will not always be possible.

When we are in Showcase terms, you may not be able to take part in another class despite it being of the same/similar level, as they will be rehearsing an act unknown to you, for the upcoming showcase.

## OPEN TRAINING

Open training is available to our adult students & intermediate to advanced level teen students every week night that we are open and Saturday mornings (subject to change). Times vary each day, please see current timetable's for details.

For beginner adult students open training is made available from Week 5 onwards at your instructors discretion, as we must ensure each students is safe and strong enough to be training under these circumstances.

Aerial Kids Open Training:

Please speak to your instructor or our admin team to find out if Open Training is an option for you/your child.

A full list of Open Training details, terms and conditions is kept behind front desk and students must sign in via an online waiver each time they come in to train.