



GENERAL GUIDELINES

What to Wear:

- Full-length or 3/4 training tights (no hot pants for aerial classes pls).
- Comfortable, fitted top, crop top, or leotard.
- Garments covering back of knees and high waist are preferred for skin protection and safe participation
- Hair beyond shoulder length must be tied back for safety
- No specific uniform is required

What Not to Wear:

- Clothing with zippers or other sharp items
- Watches, sharp rings, and dangling jewelry must be removed
- No shoes or socks, except in certain fitness classes
- Training gloves/gym gloves are not necessary

Facilities

- Two restrooms available
- Student Lounge with couches, seats, and benches (students & staff only; no spectators during class times)
- Cubbies for personal belongings

Parking

- Ample on-street parking available
- Complex parking reserved for instructors only
- "Kiss & Go" zone for children aged 5-9 yrs
- "Kiss & Go" available from 3:35-4 pm for Aerial Circus & Junior Aerial students
- **Note:** Neighbouring heavy machinery in operation until 5pm; please adhere to guidelines for the safety of all

Aerial Etiquette

- Do not touch equipment or enter training area until class time
- Extremely late arrivals may be excluded from class for safety; make-up policy applies
- Do not interrupt other classes or instructors
- No shoes, food, or drinks (except water) in training area
- Disinfectant wipes provided for crash mats; please use bins for disposal
- Respect studio, equipment, staff, and fellow students; zero tolerance for unsafe or disrespectful behaviour

CLASS STRUCTURE

What Happens in a 1-Hour Class?

- Full body warm-up followed by approximately 45 minutes on aerial apparatus
- Includes conditioning exercises and/or stretching & cool-down
- Class structure may differ for 5-9 yrs classes
- No need for early arrival for warm-up



Annual Events

- Showcases for kids and adults held at the end of Term 4
- Annual term-end events and presentations scheduled for all levels
- Aerial Centre Stage show runs annually during Winter holidays
- Holiday programs, workshops, open training and casual classes run throughout all holiday periods

Facebook Groups

- Private groups for updates: For parents of Aerial Kids (Aerial Artistry Parents page) and Aerial Adults (adults students)
- Please join relevant group for timely notifications

Join: [Aerial Kids - Parents FB Group](#)

Join: [Aerial Adults FB Group](#)

Levels and Progress

- Sequentially structured lessons based on a levelled syllabus
- Skill, strength, and flexibility goals for level progression
- Private lessons available for additional progress support
- Students progress through our structured levels before being given the option to choose from our Open Curriculum classes (individual prerequisites apply for each class)

SPECIFIC GUIDELINES

AERIAL KIDS

- Arrive no more than 10 minutes before class
- Supervision required for children under 10
- Spectator-free zone; exceptions for pickup/dropoff 5 minutes either side of class times
- No filming of instructors; phone usage limited to specific circumstances eg. Filming ones own progress

AERIAL ADULTS

- Classes are spectator-free
- Phones/iPads to be silent or on flight mode
- Arrive no more than 10 minutes before class to avoid overcrowding
- No filming of instructors

MAKEUP LESSONS

- Two makeup lessons per ten-week term, subject to availability and suitability
- Makeup lessons follow strict terms and conditions
- Notify admin as soon as possible for missing classes
- Makeups strictly non-transferable to other services or terms

OPEN TRAINING

- Available for adult (Level 1+) and teen (Level 5+) students
- Schedule varies; check current timetables
- Beginner adults can access from Week 6 at the instructor's discretion
- Aerial Kids: inquire for availability
- Online waiver required