



Classroom Policies

When you come to an aerial class, please respect the following:

- Bring a water bottle because it's important to stay hydrated throughout your workout. If you forget a water bottle, we have plastic cups available. Please make sure to dump your cup at the end of class and throw away your cup before leaving the studio. Only closed water bottles are allowed on the dance floor. Please keep all closed water bottles on the wood on the side of the floor.
- Wear leggings that cover the backs of the knees. This will help prevent burns on the backs of your knees.
- Wear a form-fitting shirt that covers your mid-section, including the small of your back when going upside-down. It is very distracting to have shirts that flip into your face and we often have moves that transition over the hips. If you are not covered, your skin may get burned as you slide around the apparatus.
- For our teen and adult students, it helps to come at least 5 minutes early to class to start on your own warm-up. While we always conduct a general warm-up, but many bodies have various needs when it comes to warm-ups. Everyone is highly encouraged to use the warm-up area to do 5-10 minutes of cardio, foam rolling, rotator cuff engagement, stretch time, etc. prior to the start of class. This also helps us jump into class quicker, making the most out of a short time span to do class each week. Please only use the warm-up area for warm-up. Do not proceed onto the main floor until your class is called up. Thank you!
- No gum. No lotion. If you forget and have lotion on, please wash your hands thoroughly prior to mounting an aerial apparatus. Please remove necklaces that will flop into your face as you invert and remove bracelets, etc. Wedding rings are fine.
- No shoes are allowed on the black mat. Socks are fine in most cases. If you take your socks off, please take time to clean your feet. We have wipes available and appreciate you being thorough in your cleaning. We do this to help the equipment that we cuddle with remain as clean as possible, as we often place our face where our feet have been. :)

Class Sign-Up & Make-Up Information

Signing Up & Staying Connected

We depend on our online system (pike13) to keep everything running smoothly in lieu of having a front desk person. The more you learn to use our online system, the easier all communication will be (and we appreciate it very much!). We regularly update our online calendar with all class cancellations, reschedulings, etc. We love to communicate through e-mail, so please make sure to check your e-mail regularly. And please make sure that we have the best e-mail with which to reach you.

We regularly send out **newsletters** with current announcements. Stay in-the-know by reading those newsletters. They will contain information about upcoming events such as when performers should arrive for their upcoming show, etc.

Make-Up Policy

For our youth programs and adult courses/sessions, unfortunately, our class offerings are so small in size and number of classes throughout the week that is not possible for us to offer make-up classes. In the rare instance classes are canceled due to weather, we do our best to schedule a make-up for the whole class. These typically occur on a Friday evening or Saturday morning. We apologize if this doesn't work with everyone's schedule.

For our monthly memberships, your plan allows you to use your class-passes in a variety of classes, so if you can't make your normal class, you are welcome to enroll and attend other classes as long as you meet the prerequisites and sign-up online. Passes carry over to the following week, but expire after that. (You have one week to make up for missed classes.)

Cancellation Policy for Punch Card Pass Users & Adult Monthly Passes

Please make sure to sign-up early for classes! We need at least 2 people enrolled to run a class, so if we don't have enough pre-sign-ups, class will be canceled. (Another reason to stay in touch online and check your e-mail for these class changes.)

You can cancel your enrollment in a class up to 12 hrs in advance of class. After that, a pass will be deducted whether you attend class or not. For the unlimited class membership, we charge a \$10 no-show fee if you sign-up for classes but do not attend. In this case, the same 12-hr window applies. (We do not charge for the first 2 no-show classes in the lifetime of your pass.)

Youth Commitment

If a student is enrolled in our classes during the months of Oct & Nov, or Mar & April we expect that they will be in our December or May shows respectively. Commitment is vital to our success as we choreograph pieces. Any cancellations prior to the show will affect our choreography. Please notify us as soon as possible so that we can plan around the missing performer.

Special Reminder

We are here to see you grow as an aerialist! If you are not happy with your trajectory or do not feel your goals are being met, please schedule a consultation with us so that we can figure out how to put you in the best classes and best plan for YOUR unique goals! We want to see your heart sing through this expressive art form. Don't hesitate to give us feedback on how we can see that happen.