Frequent Flyers® Aerial Dance Studio

Student & Parent Handbook

Find FFP class and event info:
http://www.frequentflyers.org

3022 E. Sterling Circle #150, Boulder, CO 80301
(303) 245-8272
Aerial Dance Studio at FFP - An Introduction

The mission of Frequent Flyers® Productions is to create and promote the magic of aerial dance through performance and education. Our vision is to help people see the world from a new perspective by experiencing the upside-down realm of aerial dance. We believe this expanded consciousness helps people to maximize their creative potential while having a blast. Our classes build healthy risk-taking behaviors, work constructively on self-esteem issues, and help students experience the unique joy of artistic expression through aerial dance.

Our school is designed for all skill and interest levels. Whether you want to take class just for fun, to get in shape, to become a professional aerial dancer or to simply let your inner child swing, spin and soar for a few hours each week, we have something for you. FFP offers a wide variety of classes and private lessons and we are always open to adding classes if you cannot find what you want on our schedule.

Zero Tolerance Drug and Alcohol Policy
Students of Frequent Flyers must agree to act in an appropriate manner at all times and agree that the use of, or being under the influence of, alcohol, marijuana, unlawful drugs or abusing prescribed drugs prior to class, rehearsals or performances is prohibited. Violation of this policy will mean immediate removal from current classes and upcoming performances with Frequent Flyers.

Teachers
In addition to backgrounds in Pilates, Yoga, massage, physical therapy, science, martial arts, and nearly every type of dance imaginable, our teachers are accomplished aerial artists. All of our teachers complete a rigorous teacher-training program specifically geared to teaching aerial dance with an emphasis on safety and technique.

Attire and Clothing
For all aerial classes, please wear clothing that allows your body to move freely. Be prepared to move in bare feet. Backs of knees, waists and armpits should be covered to avoid burns. A leotard or unitard under your T-shirt, or a shirt long
enough to stay tucked in are recommended. Avoid clothing that has very hard seams and/or zippers; they may not only damage an apparatus, but will also make moving on the apparatus uncomfortable. Avoid clothing that is too loose, as it is likely to get tangled in the equipment. Short shorts, sports bras without a top over them, or mesh leggings may expose you to burns and are not recommended. Please, no necklaces, long earrings, or rings – they make break or get caught in the equipment. Hands and feet should be clean and free of dirt and lotion to keep equipment in good repair and prevent slipping. You may be asked by your instructor to wash up, sit out, or wear something from lost and found if you are not properly prepared for class.

NOTE: For fabric and rope (corde lisse) classes, it is best to wear snug-fitting pants that expose your lower leg.

**A Note on Attire for Male Students:**

First and foremost: you are responsible for your own safety, including making sensible clothing choices, and adjusting appropriately. If it looks like it might hurt, you're right— it might! Fortunately, most discomfort and injury can be avoided with a little foresight.

What constitutes a sensible clothing choice? Most often, one of these: http://en.wikipedia.org/wiki/Dance_belt If you don't own a dance belt, you can find one online or at a local dance supply shop (such as Boulder Body Wear--tell them you're from Frequent Flyers for a modest discount). Like underwear, they’re sized by waist measurement. Speaking of underwear: if you don't have a dance belt, you can sometimes get by with briefs. The tighter, the better. Anything with loose legs (boxers, boxer briefs) is almost certainly a bad idea.

What constitutes an appropriate adjustment? Almost always, "centered high in front." More generally, "out of harm's way," where harm can come from a fabric wrap around the leg, or from straddling a trapeze bar, or from folding at the waist and hanging on any apparatus.

What does it mean to be responsible for this? It means paying attention, both to what your eyes see (potential harm), and to what your body tells you ("hey! this isn't comfortable!"). Often, it means making discreet adjustments during class.
If you have questions, you can ask any experienced male aerialist or instructor. If you don't know such folks yet, Mark Nelson doesn't mind questions, and you can reach him at mark@mjn.org.

Be safe and have fun!

**Inclement Weather Policy**

In general, if the Boulder Valley School District and the St. Vrain Valley School District are closed, our studio is closed as well. For updated information on closures, please see our website.

**Our Studio Spaces**

Frequent Flyers has 2 studios, located directly across the parking lot from each other! Our Main office is located in Studio 1 where all new students must check in and any questions about classes or registration should be directed.

**Classroom Behavior and Rules**

**Waiver and Photo Release**

Each and every student must sign a waiver and insurance form. Children under 18 must have their parent/guardian sign their paperwork. We also request that you sign a photo release form, as we use images from our classes for promotion and reporting to funding agencies. If you prefer to not have your picture taken, please let your teachers know. If a photographer is present, it is your responsibility to inform them that you do not want your picture taken. They will listen.

**Absences and Tardiness**

We know that once you discover the joy of flight with FFP, you will never want to miss a class. However, if circumstances arise which prevent your attending a scheduled class, please note that we have a no refund and no make-up policy, unless specifically noted. Students who arrive more than 10 minutes late to any class may be asked by the instructor to sit and watch for the duration of class. A makeup in this instance will not be offered.

Exceptions:

*If a class occurs twice a week during a class session, you can make up one missed class during the other class period, if the other class is not full. For
example, if your class is taught both Monday and Wednesday, and you miss your Monday class, you can make up a class on Wednesday if you call the office ahead of time.

*If your class is only taught once a week, you can make up one missed class with your choice of one (1) Aerial Fitness classes or two (2) open gyms. You must contact the Registrar, Jessie, (303.245.8272 or Jessie@frequentflyers.org) to get your make-up pass for these classes.

**Behavior and Rules of Conduct**

1. Please remove your shoes before entering the studio. Any bags, clothing, water bottles, etc., should be neatly left against the wall so they don’t present a tripping hazard.

2. Food and drink (other than water in spill-proof/unbreakable containers) may not be brought into the studio. Any other food/drink must be consumed in the hallway or break room. Help us keep our space tidy by properly disposing empty food containers, wrappers, bottles, etc.

3. There is no cell phone use allowed in the studio. It is up to your teacher’s discretion to request cell phones be placed in “cell phone prison” for the duration of class if students don’t keep them put away in their bags.

4. Talking while the teacher is instructing is unacceptable and distracting.

5. Students are not allowed to get on equipment prior to receiving a teacher’s permission, and students are not allowed on equipment between classes.

6. Students are not permitted in storage closets, supply rooms, or the kitchen without an accompanying instructor.

7. Photography or videotaping during class is allowed only with explicit instructor permission; if you want to take photographs on the last class of your session, ask the teacher for permission.

8. Note that certain classes are not open to observation, and it is always at the discretion of the instructor whether or not observers are
welcome. As a general rule, the last class of each session is open to observation by parents.

9. We use a “hands-on” approach to teaching and spotting to keep students safe. If you have an issue with this, please let your teacher(s) know.

10. Only registered service animals are allowed in the studio spaces.

11. Come to class on time and ready to participate. If you arrive 10 or more minutes after the class has started, your teacher can ask you to sit out and observe.

12. Students are expected to stay active and engaged during class. Sitting is not permitted unless explicitly part of an activity.

13. Everyone has a different level of comfort when trying new things. Negative comments, directed at your self or others, are unacceptable and not permitted in the classroom.

14. Students are not permitted to perform skills not being taught within the context of the class without instructor permission.

15. It is not permitted either in class or in open gym for students to teach skills to fellow students.

16. All students should have the appropriate mat underneath them at all times during classroom instruction and open gym. No one is permitted on equipment without the appropriate mat. On occasion, your teacher may determine it is appropriate to work without a mat, such as when coning (swinging in circles) or doing other floor-to-air work.

17. If your teacher decides your behavior in class is not appropriate, you get three warnings before you are asked to leave the class. First comes a verbal warning; if there is a second warning, you will have to sit out of class and watch (for minor students, this will also result in a phone call to guardians). If there is a third warning, you will be asked to leave class.

18. If you lost something while at the studio, let us know and we can check the lost & found box. Please note that items left longer than 30
days will be donated to Goodwill, discarded, or repurposed into costumes.

19. Show respect yourself, other students, the space, and your instructors.

**Parents**

It is the parents’ responsibility to pick up children immediately after class has ended. FFP staff and teachers are not responsible for taking care of children outside of the class time. If your child has a fever, a contagious illness, a severe cold, or is vomiting, we ask that the child remain at home. If parents are invited to watch classes in the studio, they must stay on the ground, and off the teaching floor. The teachers are trained to keep everyone safe and they have the necessary experience in working with the apparatus.

**Safety**

*Equipment* – Your teachers and your fellow students are looking out for your safety. We are all there to make sure everyone is safe. While teachers always do equipment safety checks, if you notice anything that seems unsafe (cross-loaded clips, fraying ropes, funny sounds, runs in the fabric, etc.), it never hurts to bring it to your teacher’s attention.

*Spotting* – Your teacher will always be there to spot you when you don’t feel completely comfortable with a particular movement, or when you’re trying something new. Spotting does mean your teacher will have to physically contact you to keep you safe. If you feel uncomfortable with that, please let your teacher know.

*Injuries* – Let your teacher know of any past or current injuries. While it’s your responsibility to listen to your body and avoid movement that aggravates an existing injury, if your teacher knows about your injuries, they can give you movement alternatives. Avoid injuring yourself during class by not pushing your body beyond its limit. If it happens that you become injured, please take care to let yourself heal. If there is any question regarding the severity of your injury, please see your doctor.

If your hands are sore after classes, wash them with cold water, or hold onto something cold until they feel better. You will form calluses on your hands (and maybe knees, elbows and feet depending on what you hang from). Let them
form! Picking off those calluses will cause you more pain… and then they’ll just grow back.

**Every Flight Plan is Different**

Always respect yourself and be patient. Aerial Dance is difficult! Every body responds to each apparatus differently – do not compare yourself to other students. Do not put yourself down when you cannot do something the first time. Aerial technique takes time to develop. Strength also takes time to develop. Know that your teachers are there to support you in every way. Instead of getting frustrated, ask your teachers for advice if you are having trouble. The more positive you are, the harder you work, and the more you focus on your own progress, the faster you’ll get your wings!

**News**

Find FFP class information, notice of closures due to inclement weather, event schedules and all other generally exciting news on our website: frequentflyers.org, on our Facebook page, Frequent Flyers Productions, in our Facebook student group, Frequently Flying Students of FFP, on Instagram at @freqflyers, and on Twitter at @freqflyers. You can also sign up for email updates at http://www.frequentflyers.org/page/mailing_list/

Find us here:

http://www.frequentflyers.org

3022 E. Sterling Circle #150, Boulder, CO 80301
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Private Lessons, Birthday Parties, and Retreats

Private lessons, parties and retreats are offered in everything aerial. Whether you want to improve your skills on one apparatus, or celebrate a special occasion with a group of friends, we can customize a private lesson for you.

Private Lesson Costs:
$75/hr/1 person
$120/hr/2 people (total)
$150/hr/3 people (total)
$160/hr/4 people (total)

Discounts available for booking 4 or more private lessons, please call the FFP office to inquire.

ADDENDUM: If there are 4 people that want to schedule a series of classes, they can do that and pay $35/person/ 1 ½ hr.
4-13 people $35/person/ 1 ½ hr
14+ people $32/ person/ 1 ½ hr

***50% deposit required to book all private lessons. Balance must be paid at least one business day before the lesson. No refunds if cancelled within 48 hours of the lesson. If cancelled prior to 48 hours before the lessons, FFP will refund 50% of the private.