

Frequent Flyers® Aerial Dance Studio

Student & Parent Handbook



How to find us:

office@frequentflyers.org

<http://www.frequentflyers.org>

3022 E. Sterling Circle #150, Boulder, CO 80301

(303) 245-8272

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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 all people to see the world from a new perspective through experiencing the upside-down realm of aerial dance. We believe this expanded consciousness helps everyone to maximize their creative potential, which in turn provides the fertile ground for these problem-solvers to address issues, create new opportunities and solve problems in our community and beyond.

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.

Anti-Discrimination Policy

Frequent Flyers® Productions believes that equal opportunity is important for the continuing success of our organization and our community. We are committed to providing an inclusive and welcoming environment for all members of our staff, volunteers, subcontractors, vendors, and clients.

Frequent Flyers Productions shall not discriminate and intends to preclude negative discrimination on the basis of race, disability, health conditions, color, religion (creed), gender identification or expression, age, sexual orientation, national origin (ancestry), ethnicity, citizenship, military status, political affiliation, marital status, pregnancy, or any other protected classification whether now in existence or as shall be determined from time to time in accordance with applicable federal, state, or local laws.

This policy applies to all activities of Frequent Flyers Productions, including but not limited to employment, selection of volunteers, purchasing, and selecting vendors, independent contractors, or consultants.

Frequent Flyers Productions defines “negative discrimination” to include (but not necessarily be limited to) denial of services, admission into classes and events, employment, or volunteer opportunities to any class of individuals in a manner that negatively restricts opportunities to that class of individuals.

Attire and Clothing for Classes:

For all aerial classes, you must wear leggings that cover the backs of the knees as well as a tight fitting top that fully covers your midriff and armpits, and can be tucked in. Leotards are recommended but not required. Backs of knees, waists and armpits **must** be covered to avoid burns. Be prepared to move barefoot. Long hair should be pulled back into a ponytail, bun or braid.

Things to avoid:

- Anything with hard seams or zippers
- Sports bras without a top
- Shorts without leggings underneath
- Jewelry
- Lotions, oils, perfumes
- Loose clothing

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.

A Note on Attire for Sensitive Body Parts:

Certain articles of undergarments may be necessary (dance belts, sports bras) or other undergarments may be necessary to do without (binders) for your own safety and comfort while practicing aerial.

First and foremost: you are responsible for your own safety, including making sensible clothing choices, and adjusting appropriately. Most discomfort and injury can be avoided with a little foresight.

1. Dance Belts

Dance belts are often worn to protect the penis and testicles.

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 15% discount). Like underwear, they're sized by waist measurement. Speaking of underwear: if you don't have a dance belt, you can also get by with compression shorts or leggings, and tight fitting briefs. In general, the tighter, the better. Anything with loose legs (boxers, boxer briefs) is almost certainly a bad idea.

Either way, you may need to make adjustments during class to stay comfortable and safe. Almost always this means, "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!").

2. Sports Bras

Sports Bras are often worn to protect the breasts. These can be found in the lingerie section of any clothing store. The criss-cross design of the straps eliminates the straps falling off the shoulders while moving in the air and the added support can be very beneficial. Everyone must wear a snug fitting shirt so it does not fly up when inverting.

3. Binders

If you wear chest binders, most styles are dangerous to wear during moderate-extreme exercise, and should not be worn for aerial classes. There is such a thing as a "Sports Binder," that may be an option for some, but again, listen to your body, because if you cannot breathe when you are upside down in the air, that is a problem! Wearing multiple sports bra type options is a safe alternative to binding during aerial classes.

General Studio Information

News

You can find FFP class information, event schedules and all other generally exciting news on:

- Website: www.frequentflyers.org
- Facebook page: Frequent Flyers Productions
- Facebook student group: Frequently Flying Students of FFP
- Instagram: @freqflyers
- Twitter: @freqflyers
- You can also sign up for email updates at http://www.frequentflyers.org/page/mailing_list/

Zero Tolerance Drug and Alcohol Policy

All students at 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 strictly prohibited. Violation of this policy will mean immediate removal from current classes and upcoming performances with Frequent Flyers.

Inclement Weather Policy

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

Our Studio Spaces

Our Main office is located in Studio 1, on the left as you pull into the parking lot. This is where all new students must check in and any questions about classes or registration should be directed. Studio 2 is directly across the parking lot.

Missed Class Policy and Tardiness

For students under 12:

Account credit will only be issued for missed classes due to illness or injury. We will also issue account credit when FFP cancels classes (weather, etc.,).

For students 12 and up:

Wings will only be issued for missed classes due to illness or injury. Account credit will be issued when FFP cancels classes.

If you miss a class, or have extenuating circumstances, please email office@frequentflyers.org.

Students who arrive more than 15 minutes late to any class may be asked by the instructor to sit and watch for the duration of class.

There are no make up classes.

Account Credit

Account credit expires 12 months from the issue date.

Wings

Wings are our punch card system for drop-in classes and can be purchased. In order to set up your wings, you will need to email office@frequentflyers.org. Missed class wings expire 6 months from their issue date. Purchased wings expire 12 months from their purchase date. A wing is valued at \$7.

1.5 hour class missed = 6 wings (except fitness is 5 wings)

1.25 hour class missed = 5 wings

1.0 hour class missed = 4 wings

Wings can also be purchased for use, and the more you buy, the less each wing costs!

12 = \$81

24 = \$156

36 = \$216

Drop-in class prices

Open Gyms (\$20 or 3 wings)

Mixed App Foundations (\$35 or 5 wings)

Advanced Fitness (\$42 or 6 wings)

Open Gym Rules

1. You are only allowed to participate in Open Gym if you:
 - a. are currently enrolled in a class at Frequent Flyers® Aerial Dance, or
 - b. have taken a class or private lesson at Frequent Flyers within the last six months,
or
 - c. have received permission from the Frequent Flyers Education Director.
2. You are only allowed to use equipment on which you have received formal instruction.
3. Open Gym is a time to practice skills that you have studied with a teacher. It is not a time to teach yourself new skills.
4. You may not teach another open gym student any new skills. (See #2 and #3.)
5. You must train with an appropriate mat under the equipment. If this is unclear to you, please check in with the open gym staff person. Crash pads are required for practicing any

drop.

6. You will sign-in each time you arrive at open gym, and by doing so, agree to the above rules.

Parents

It is the parents' responsibility to stay with their children until the start of class and 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 you are more than 15 minutes late to collect your child, and you have not contacted the staff at FFP, your card on file will be charged a \$25 fee. Later than 30 minutes will result in a \$50 fee*****

Parents are currently not permitted to stay and observe classes. We discourage parents from watching class through the back windows or doorways. This is very distracting and can be a safety hazard for students. Parents are allowed to observe for the last 15 minutes of the last class of the session or camp. We will send out information about this prior to the last class of the session.

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. If you are taking pictures or videos, please make sure that only yourself or your student is in frame, to respect other people's wishes.

Private Lessons, Birthday Parties & Group Lessons/Parties

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:

\$80/hr/1 person

\$120/hr/2 people (total)

\$150/hr/3 people (total)

\$160/hr/4-5 people (total)

Discounts available for booking 4 or more private lessons, please email the FFP office to inquire, office@frequentflyers.org. Private lessons must be paid for in full at the time of booking. If there are a group of people that want to schedule a series of classes, they can do that and pay \$40/person/1 ½ hour class, with a 6 student minimum.

*****50% deposit required to book all parties/group lessons.**

Balance must be paid within one week after the lesson, when final numbers are known. **No refunds if canceled within 48 hours of the lesson.** If canceled prior to 48 hours before the

lessons, FFP will refund 50% of the lesson fee, if paid in full. All participants must have a completed waiver before any event.

Frequent Flyers does not offer decoration, early set up or late pick up unless specifically inquired about.

Class Behavior

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 (except water in spill-proof/unbreakable containers) may not be brought into the studio. Any other food/drink must be consumed in the hallway or outside. Help us keep our space tidy by properly disposing of 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 jail" for the duration of class if students don't keep them put away in their bags.
4. Talking while the teacher is instructing is disrespectful 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 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 15 minutes of 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 being touched, 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 15 or more minutes after the class has started, your teacher may ask you to sit out and observe.

12. Students are expected to stay active and engaged during class.
13. Everyone has a different level of comfort when trying new things. Negative comments, directed at yourself 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 never permitted 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 to yourself, other students, the space, and your instructors.

Safety

- 1. Teacher Qualifications:** In addition to backgrounds in Pilates, Yoga, massage, physical therapy, science, martial arts, and nearly every type of dance imaginable, our teachers are very accomplished aerial artists. All of our teachers have completed a rigorous screening process, specifically geared towards teaching aerial dance with an emphasis on safety and technique.
- 2. 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 carabiners, fraying ropes, funny sounds, holes or runs in the fabric, etc.), it never hurts to bring it to your teacher's attention.
- 3. 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.

4. **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.

Every Flight Plan is Different!! Always respect yourself and be patient. Aerial Dance is a wonderfully challenging activity! Everybody 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!

COVID -19 Policies and illnesses in general

**** If any participant has a fever, a contagious illness, any cold or flu symptoms, or is vomiting, we ask that they remain at home.**

COVID considerations:

- Aerial classes will resume to 18 students maximum.
- Equipment is able to be shared within classes.
- We are continuing to clean the studio 3 times a week.
- Ionizers in the HVAC system are run a minimum of 3 hours before any class and 2 hours after.
- Rosin and chalk will be made available for use by students.
- We are no longer taking temperatures or blood oxygen levels, but we ask that if you feel unwell in any way, that you do not come to the studio. If you do have cold or flu symptoms, you may return to the studio if you have a negative COVID test and are 24 hours symptom free without medicine.

After class:

- You may be asked to help clean your personal mat at the end of class.
- You will be reminded to wash your hands and gather your belongings.