



Aerial Class Rules

- 1.** Be on time! Late arrivals will not be permitted to participate in class for safety reasons.
- 2.** Please wear form fitting clothing with proper coverage that stays in place in any physical position. No short shorts or low cut tank tops will be permitted. We suggest capri-cut or full length yoga pants that can be rolled up over the knee and a leotard, long fitted tee or a long high-necked tank. There will be times you will want exposed knees and others when you will need coverage behind the knees, and a leotard or long tee will help prevent fabric burns when sliding.
- 3.** If you have a lightweight, long-sleeved shirt to bring to class for certain skills, please bring it! Your underarms will thank you!
- 4.** Please be aware of personal hygiene, clean feet, coverage of underarms when possible, and NO long nails.
- 5.** No jewelry, with the exception of studded earrings.
- 6.** Hair should be tied back and in a bun if possible.
- 7.** Please sanitize hands when entering class to reduce exposure to contact illnesses.
- 8.** Please do not come to class ill, you will be sent home! (Yes, even if you sanitize.)
- 9.** Please report any awareness of strained or puckered fabric or holes to your instructor.
- 10.** Students are not permitted to work beyond the instructor's curriculum. I.E. "I saw this on YouTube and just thought I'd try..."
- 11.** Students are not permitted to instruct other students or work beyond the instructor's perceived point of exhaustion. A good attitude is required!
- 12.** Students must always have an 8" mat or larger under them at all times unless otherwise directed by instructor.
- 13.** Students are only permitted on the apparatus while under the direct supervision of their instructor.
- 14.** Reckless behavior will result in dismissal from class.
- 15.** No chewing gum.
- 16.** *If on the ground*, please be patient and do not interrupt the instructor while they work with another student.
- 17.** Tape over cuts or abrasions.
- 18.** Please no spray rosin, only rock or chalk rosin is permitted. (We provide this during class)
- 19.** You must participate in warm-up and conditioning to proceed to vocabulary and sequencing.
- 20.** Have fun and root for each other! This is your class and you are here to *FLY!*