

❖ How do I register for UMO School Classes?

- Find information about UMO School at [openspacevashon.com](https://www.openspacevashon.com) (all other websites are being retired soon!)
- Click UMO; UMO School
- Clicking on any “Register” link will take you to our Studio Pro app, which is how we handle our registration and billing. Get there directly by going to: <https://app.gostudiopro.com/online/umoschool>
- Create a new account or log in, then navigate to “Classes” to complete a new registration
- Not seeing the class you’re looking for or need help? Visit us during our “Open House” on 8/5, 3-5pm or email us at umoschool@openspacevashon.com

❖ Which level should my student register for?

- Level information for returning aerial students will be sent via email prior to the start of the session.
- For beginning and open level classes, age ranges are listed on the registration page
 - If you are not seeing a class, it is likely because your student(s) are listed as outside the age range. We usually cannot make exceptions for age for safety reasons, but please email us for assistance.

❖ What should my student and I know to prepare for class?

- Please arrive on time.
 - If students arrive after warm up has begun, they may be asked to do warm-up exercises on the side such as jumping jacks before joining the group for their safety.
 - If students arrive after warm-up (usually 15 minutes after class has begun) joining will be at the discretion of the instructor, based on whether the student has the experience and maturity to complete an independent warm up.
- Please wear fitted, stretchy clothing. We highly recommend clothing that covers the arm pits, stomach and backs of the knees to protect against friction.
 - **Clothing should not have any metal grommets, zippers, chains, or other elements that may snag fabrics or become entangled; NO JEANS**

- **No jewellery, especially rings, necklaces, bracelets and dangling earrings for your safety as well as the safety and longevity of our equipment**
- For more advanced aerial students, consider bringing additional layers that can cover the elbows and ankles for protection while training more advanced hangs
- Please tie long hair back and out of the face
- Please bring a water bottle and have a snack BEFORE you arrive. If you do need to have a snack between classes at Open Space, please be sure to thoroughly clean up after yourself.
- We appreciate students being picked up promptly at the end of class.

❖ **What if we find that a class is not a good fit?**

- Here are our Withdrawal and Cancellation Policies:
 - You can withdraw from a class up to 10 days prior to the start of the session with a 5% cancellation fee.
 - Cancellation less than 10 days before the start of session will incur a 10% cancellation fee.
 - Once the session begins, you may withdraw on the first day of class only. After that, tuition cannot be refunded.
 - If you and your child do not feel the class is the right fit after the first class, you may withdraw with the above 10% cancellation fee.
 - Any refunds given will be processed within 2 weeks.
- If there is a leveling, instructor fit, or other concern we are very happy to assist with a class transfer or another solution. Please reach out!

❖ **Do I need to stay in the building while my student attends class?**

- We encourage parents to drop their students off once they are settled in after the first class. We find it most effective for students' learning when they are able to fully focus on their training and don't feel that they are giving a performance for family members.
- The last day of the session is a good time to see what students have learned!

❖ **How does my student progress to the next level?**

- Progression in aerial arts is a result of the following factors:
 - **Pass the class level skill test**
 - Increasing strength and flexibility
 - Increasing body awareness and coordination

- Development of muscle memory and efficient movement techniques to allow for consistent and safe execution of skills/sequences
- Physical and cognitive development and maturity
- While there are many things students can do to support their progression, some factors are age-based/developmental
- Students can support their progress by:
 - Attending class regularly and practicing conditioning exercises outside of class
 - Cross training: Building strength through taking classes in parkour, acrobatics, dance, team sports, dedicated strength training, etc
 - Minimizing distractions in class (phones away, avoiding off-topic side conversations, etc) and engaging in all opportunities to practice and learn provided in class

❖ My student has been at the same level for 3 sessions, when will they advance?

- Groups learn at their level over multiple sessions: For example, an Aerial 1 group that begins together in September may still be together in April, but will be working on more advanced skills than they were in September.
- This is also why you will see students working on skills 1-4 people at a time: This allows our coaches to help each student improve their skills at their own level. For example, in a single class new students may be working on footlocks on the ground, while returning students are working on footlocks from a climb, and students who are getting ready to advance might be working on double footlocks in the air.
- Students advance based both on their aerial skill development (which can take time, as aerial requires a very high level of strength and flexibility) as well as their physical and cognitive growth and development

❖ How are dance and aerial classes different? Why don't all students move/practice the whole time like in ballet/jazz/tap class?

- Aerial arts and dance have some technique and skills similarities, but they have some big differences in the risk level involved and the type of support students need to maintain safety.
- Coaches need to remain within arm's reach of any student learning a new skill on aerial equipment. Incorrect execution of many skills can result in serious and sometimes life-altering injury. In dance, new skills can usually

be safely practiced without direct physical contact with more minimal risk of injury.

- Aerial skills often place greater demands on specific body systems, necessitating more breaks for safety and comfort. For example, the hands, wrists, and forearms will be under pressure and working hard in most aerial skills - if students do not take breaks to allow these muscles to rest, they can be at risk of repetitive use injuries and grip strength failure while in the air, resulting in a fall.
- Between turns on the equipment, students will be provided with conditioning exercises or asked to observe their peers executing the skill to increase their learning. Older students may also have the opportunity to work on already mastered skills on another aerial point or practice ground skills.
 - While coaches will make every effort to encourage students to engage in these opportunities for continued learning and strength building, they ultimately must remain focused on the safety of the student(s) learning new skills in the air. Students' ability to remain engaged with conditioning and observing between turns on the equipment is considered in level placement decisions.

❖ **We have or would like to have an aerial rig at home. What should we consider?**

- Sadie, our former teacher, who takes aerial safety very seriously, (as we all should!) put together this great list of resources for EQUIPMENT and RIGGING.
- Any aerial point that is weight bearing needs to be through a heavy, master beam, with an active load taken into account. This is usually 500 lb minimum active load for 1 person.
- Elizabeth's partner Jon is a rigger, so we are happy to pass along any questions.
- **Although the chances are low, the consequences of a rigging accident can be very tragic. We highly recommend consulting with a qualified rigger and/or structural engineer if rigging at home.**

Resources:

- Online Rigging Course: <https://hallriggingacademy.thinkific.com/>
- [The Theatre Riggers' Handbook](#) is a good book to check out before doing any rigging.
- Shops for aerial equipment that we recommend as a starting point and a lot of them have information about safety. Look up the definition and pay attention to [working load limits](#) and [Breaking Strength](#)

[Circus Concepts](#)

[Aerial Animals](#)

Aerial Essentials
Ver Sales

Aerial Rigs:

<https://www.vvolfy.com/>

<https://www.circusgearstore.com/store/p71/portable-aerial-rig.html#/>

<https://www.playjuggling.com/en/104-free-standing-aerial-rig>

<http://performanceriggingsolutions.com/>

<https://www.verticalartdance.com/>

Students can absolutely advance their aerial skills without an at home rig by engaging in no and low-equipment conditioning exercises. A great safe and affordable investment for serious aerial students is a pull up bar. Here is an example:

https://www.amazon.com/gp/product/B00HYQP72O/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&psc=1

❖ How does students' growth and development across ages affect their work as an aerial student?

- Every body is unique and works differently, and might require different training techniques
- As students grow and develop, their center of gravity changes. This can sometimes cause skill regression and feel discouraging for students.
- Strength training usually needs to increase around puberty
- Reach out to our instructor team for support, we can recommend added classes and training regimens