

STUDENT HANDBOOK 2023

FAQ & INFO SECTION

Where is the Circus Gym?

Discover Circus is located on Baker street, Nelson BC in the building above the Royal. Find the turquoise door with our sign on it and go up up up the big flights of stairs to the top!

Address is : 330 Baker street, Suite 302
Nelson BC
V1L4H5

What should I wear?

Always come to class with a refillable water bottle and your hair tied back.

We advise opting for comfortable and breathable workout attire that facilitates unrestricted movement, similar to yoga or dancewear. Loose-fitting clothes are discouraged, especially for classes involving inverted movements like handstands or silks or bar apparatus' where loose shirts can get wrapped up or caught by the apparatus.

When attending classes involving the trapeze, hoop, silks or other apparatuses (such as Aerial Conditioning), it is most comfortable to wear workout pants that extend to cover the knees.

Please remember no zippers, jewelry, perfumes or lotions, as they can damage the equipment.

How do I keep up with communication, updates & events?

All students are required to sign up for our mailing list to receive relevant information and communication. You can find the registration form on the Contact Us portion of our website.
<https://www.discovercircus.ca/contact>

If you aren't a student yet, but hope to be one soon - sign up for our mailing list to find out everything you need to know about upcoming classes including upcoming schedules, registration dates and new programming.

Is there a year end show? Is it mandatory?

Yes there is a year end show and the date is posted on our uplifter calendar. Performing in the show is not mandatory. Students or whole classes may choose to opt out of the performance. In some cases where class numbers are larger, students may only have the opportunity to perform in one night of the show instead of two nights. If students still want to be involved in a different role we encourage you to reach out to us! You must be enrolled in classes starting in January to perform in the show.

How do Levels and Sessions work?

Please see our Leveling system outline below

Discover Circus Scheduling

The schedule on our website and through our registration platform uplifter is a LIVE UPDATED SCHEDULE. If the class is on the schedule - it's happening unless you have been informed otherwise. If you are ever wondering about Holidays or Pro-D days please check the Calendar here - <https://www.discovercircus.ca/schedule>

We have also included important dates such as special events, session start days, parent viewing weeks and year end show dates.

Discover Circus' programming schedule is subject to change without notice, and facilities may be closed for certain days or weeks, including, but not limited to, holidays and special events.

I don't think I am approved for the right Level on my Uplifter account

If you think you should be approved for a different level and are unable to register for a specific class, please contact us. info@discovercircus.ca

I have trained elsewhere and want to be approved for high level classes at Discover Circus.

Several of our classes require "instructor approval," and there are three ways to obtain it:

1. Attend an introductory or all levels class in the discipline and discuss your training goals with the instructor before the class. The instructor will assess your skills during the session and inform you if you meet the eligibility criteria. If you receive the prerequisite approval, please inform the DC Manager.
2. Opt for a private lesson with an instructor who teaches the specific discipline. This will help determine the appropriate class level for you. You can request a private lesson by emailing info@discovercircus.ca
3. Alternatively, you can share a recent video of yourself performing or training in the circus art you wish to study. Our instructors will evaluate your skills based on the video and provide their recommendations regarding suitable class placement.

I don't have any experience in any kind of training like this. Can I still come to a class?

Absolutely! We offer a wide range of beginner level classes that do not require any prerequisites. Some of these include Silks, Hoop and Trapeze Level 1, Conditioning and Flexibility, Mixed Aerials like Silk & Hoop Combo, Partner Acro, Handstands and several others. As you progress and develop your skills, you'll have the opportunity to progress to our more advanced level classes!

Can I film myself in class?

Please see our Video & Photo Policy below

Outstanding Payments

If you have outstanding payments on your Uplifter account the system will prevent you from registering for any new classes. You may not register until your account is cleared up. Please contact us if you need to discuss this further.

How do I register for a class?

To register, you need to make an account on our online platform called Uplifter. You will need to fill in all the appropriate details before you are able to register. If you are a parent of a student you will be the account holder and you must add the student as a "Participant". Please visit <https://discovercircus.uplifterinc.com/registration> to make an account.

DISCOVER CIRCUS POLICIES

CLASS CANCELATION & REFUND POLICY

In the majority of cases, Discover Circus does not provide refunds. However, if, in rare instances, a refund is granted at the discretion of a manager, a processing fee of either 10% of the total amount or \$25 will be applicable.

For students who have already registered for a full session but wish to drop out before the first Monday of the session, a 10% cancellation fee will be charged. However, after the first Monday of the session, no refunds will be issued. Exceptions to this policy are only considered in cases of new injury or extraordinary circumstances, provided that the student promptly contacts Discover Circus via email to request a refund. The final decision on granting exceptions is by Discover Circus management.

To ensure a positive experience in class, students with pre-existing injuries or limitations are encouraged to schedule a private lesson or attend a drop in class before enrolling in a full session. This approach allows them to determine if they can fully participate in the class. Please be aware that refunds will not be granted if a pre-existing injury prevents a student from participating fully.

MEDICAL WITHDRAWAL

In the event of a medical situation that hinders a student from continuing in a class or registered session, Discover Circus offers a medical withdrawal option. However, it is essential to note that we cannot credit any classes that took place before receiving written notification of the student's withdrawal.

To proceed with a medical withdrawal, a medical doctor's note is required. The note can be submitted after Discover Circus is initially informed of the withdrawal, but it must be provided to validate the medical circumstances.

MAKE UP CLASS POLICY

Make-up classes are classes that you can schedule to make up for missing a previous class. You may choose from any of our available classes that align with the student's level and age, space permitting. However, please note that the make-up class must have open slots; you cannot enroll in a class that is already full. If it is an introductory level class, prior experience in the subject is not required to take it as a make-up. Open Gym's are also available as Make-up classes for adults.

To qualify for a make-up class, you must notify DC via email at least 24 hours before your missed class. You must register your spot for a make-up class by contacting us directly 48 hours in advance. We do not offer refunds or account credits for missed classes. You must complete the make-up class within the current session. All make-up classes expire when a new session begins. Make-up classes are available when space and scheduling permits at Discover Circus. Classes missed by the student are the responsibility of the student and they are not guaranteed as a Make-up.

Please email info@discovercircus.ca to schedule a make-up class.

****NO EMAIL/NO SHOWS** are not eligible for makeups.

- Notifying us after the missed class will NOT make you eligible for a makeup.
- Messaging your teacher will not make you eligible for a makeup.
- If you do not show up for a makeup class, it automatically expires.
- Makeup classes EXPIRE within the same session of your missed class. Parents and students are responsible for scheduling their makeup class in a timely manner.

****DROP-IN** classes are only eligible for a makeup class if we receive 48 hours notice via email before the class.

VIEWING POLICY

All classes will be a closed gym setting to encourage a safe and effective learning environment. From experience, we have found it is a better learning environment for our students when Family & Friends are not watching. If you need to speak with an Instructor please do so before or after class. Do not approach or interrupt instructors during training or classes. Guests are welcome to wait in the lobby for their students' class to finish.

Here are the reasons this policy is in place,

- Having a parent/guardian or guest present can be distracting and compromise the safety of the student
- Protecting the privacy and comfort of students is a priority at Discover Circus
- The viewing deck can get noisy which can be distracting and unsafe for the students and instructors

The exception to this policy is for the Parent & Me class where Caregivers are permitted as a student to attend with their child. If children are attending Circus Tots they must be able to attend without their caregiver, otherwise they will need to attend Parent & Me.

Special circumstances may be granted by the Manager of Discover Circus on a case by case basis. If you want to inquire further please communicate with the Manager outside of regular class times.

There will be scheduled Parent Viewing Weeks a few times per year where students will get to invite Family & Friends to come watch part of the class. You will be notified ahead of time when these weeks are happening.

OPEN GYM POLICY

Open gym is exclusively available for DC students to practice the skills they are currently learning in their classes. If you are not a DC student but wish to participate in open gym, please seek approval by [contacting info@discovercircus.ca](mailto:contacting_info@discovercircus.ca) before attending. Please note that open gym is not suitable for individuals without any circus experience. Open gym is available for students aged 18 and above, or with approval from the DC Manager.

It is essential to refrain from teaching new skills to other students, regardless of their ability or experience level, during open gym sessions. Students are not permitted to spot each other during open gym. If you have any uncertainties, feel free to consult the open studio supervisor or your instructor for safety guidance. Instruction will not be provided by the open gym host during these times.

Open gym time is designated for practicing skills that have been learned in class, not for attempting new tricks or working with unfamiliar apparatuses. Please refrain from using equipment on which you have not received proper training or attempting material that you have not learned under the guidance of an instructor.

During open gym, it is expected that students share equipment and space amicably. Be kind, take turns, and have fun together!

VIDEO AND PHOTO POLICY

Students are allowed to capture photos and videos of themselves, instructors, or fellow students, but only under the following conditions:

1. Prior to taking any photos or videos, students must obtain clear and verbal consent from all other students and instructors who will be included in the frame. If the student is under 18 years old, consent must be obtained from their guardian.
2. It is strictly prohibited to share videos of instructors on any video hosting platform or social media outlet.
3. While capturing photos or videos, students must ensure that it does not disrupt or interrupt class time in any way.

AERIAL SAFETY POLICY

The use of aerial equipment involves serious risk of injury to members. In order to reduce such risk, each member must follow the society's rules surrounding use of shared aerial equipment.

Disregard for these rules will result in the member losing good standing with the society and temporary or permanent removal of membership privileges. It is imperative that members

conduct themselves in a safe manner at all times while using aerial equipment, this means that,

1. Members stay within personal ability to avoid injury
2. Members must engage in appropriate warm up and cool down activities before and after practice
3. Members never practice alone
4. Spotters are used when practicing
5. Appropriate mats are used below the aerial equipment,
 - a. small mats when practicing low to the ground
 - b. large crash mats when practicing any aerial silk drops
 - c. large crash mats when practicing at 8 ft or over
6. Members do a visual check of apparatus and rigging each time they use a piece of equipment
7. Damaged equipment is not to be used (this includes any silks that have holes, tears or snags in them, any rope that appears to be fraying, any metal objects that have cracks or wearing)
 - a. locking carabiners must be in the locked position
 - b. if anything appears unsuitable for use it is to be taken out of service immediately and reported to a society director or aerial instructor.
8. Appropriate care is taken to prevent damage to aerial silks
 - a. appropriate clothing is worn (no buttons, zippers or rough items that could tear fabric)
 - b. feet and body are clean (use gym showers if necessary prior to use)
 - c. anyone with contagious skin conditions are to refrain from using shared silks (eg. athlete's foot)

CODE OF CONDUCT

The mission of the Nelson Circus Performers Association & Discover Circus is to provide programming to the community and allow others to access the circus arts. To do this, the organization will hire staff, deal with the public, and offer services to many different groups, including at-risk individuals such as children and those with disabilities. As such, it is imperative that all agents and officers of the NCPA & DC conduct themselves in accordance with this document insofar as to,

1. Always act with fairness, honesty, integrity and openness; respect the opinions of others and treat all with equality and dignity without regard to gender, race, colour, creed, ancestry, place of origin, political beliefs, religion, marital status, disability, age, or sexual orientation.
2. Disclose one's involvement with other organizations, businesses or individuals where such a relationship might be viewed as a conflict of interest.
3. Act at all times to preserve the position of trust that NCPA staff have with service users.

4. Provide a positive and valued experience for those receiving service within and outside the NCPA & DC

LEVELING SYSTEM

We have implemented a new leveling system on our registration platform uplifter. All leveling is approved by your instructor. If you want to discuss advancing to the next level please contact your instructor or the Discover Circus Manager. You will be unable to register for levels that you have not been approved for and are not within your appropriate age category.

Note that students are welcome and encouraged to repeat levels until they master the prerequisites required for the next level. Our classes are designed to be progressive, though drop-ins are accepted as availability permits and at the instructors discretion. We focus on creating a safety oriented community and a body positive space within the studio where all learning styles are welcome. Expect to work hard and have a great time!

If you have any questions or concerns about level placement, please contact us directly prior to registration.

ADULT & TOTS CLASSES - All adult sessions run in roughly 8 week or two month increments. Registration is required for some classes and drop ins may not be available beyond 2 weeks of the program start date. Drop ins are available at the instructors' discretion. Adults registered for the previous session will get priority registration before each session opens for public registration aside from the fall session where it will be first come first serve.

YOUTH, KIDS, KIDDOS & KINDY - All youth/kids sessions run in two Semesters. One from September - December and one from January - June. Students must register for the full session to secure their spot.

CIRCUS KIDDOS

Parent & Me

Ages 2-4

This program is where the parent attends the class **with** their child. Come for a class of fun interactive games and songs. We will try all kinds of Circus, Hoola hooping, Rainbow ribbons, Acrobatics, Juggling and all the Clown things. You will get to try different aerial apparatus' (Silks, Sling and Trapeze) together as well as swing, spin and be silly!

Circus Tots

Ages 3 & 4

Come for a class of fun interactive games and songs. We will try all kinds of Circus, Hoola hooping, Rainbow ribbons, Acrobatics, Juggling and all the Clown things. You will get to try different aerial apparatus' (Silks, Sling and Trapeze) as well as swing, spin and be silly!

****Students in this program must be able to attend the class on their own. Parents are required to stay in the lobby.** Students who are not ready to attend the class on their own may join the Parent & Me class.**

Kindy Circus

Ages 5 & 6

Embrace your inner Circus Monkey. In this course we will introduce little ones to each apparatus. They will have an opportunity to get to try all mediums of Circus Arts including aerial hoop, silks, hula hooping, acrobatics and more!

Circus Kids

Ages 7+

Come run away to the Circus! In Circus Kids you will have a chance to try out each aerial apparatus and decide which one is your favorite! We will learn basic foundations of aerials and acrobatics so that you can advance on to Level 1. You will also get to try all mediums of Circus Arts including Hula hooping, Ribbons, Juggling, Acrobatics and more!

**** Kids age 7-10 MUST have completed Circus Kids before they are able to continue on to Kids Silks Level 1. Circus Kids is a mandatory prerequisite for Kids Silks Level 1 for Ages 7-9.****

KIDS AERIAL SILKS

Ages 7-11

Kids Aerial Silks Level 1

Ages 7-11

Designed to introduce kids to Aerial Silks! In Level 1 we focus on developing strength necessary to master foundational skills and provide a solid technique based foundation in which to progress to our Level 2 classes.

Prerequisites : Students age 7-9 must have graduated from Circus Kids. Students age 10+ do not require any prerequisites.

Kids Aerial Silks Level 2

Ages 7-11

Designed to follow our Level 1 program. Beginner kids ages 7-11 are welcome! In Level 2 we focus on developing further strength necessary to master foundational skills and provide a solid technique based foundation in which to progress to our Level 3 classes.

Prerequisites : Graduated Silks Level 1 as well as (demonstrated with clear understanding and clean technique on both sides): Basic and double footlocks from the ground, wrapped hip key from the ground, basic aerial stand or classic climb, russian stand or climb, knotted inversion sequence (frog, straddle, pike, gazelle, hip key).

Kids Aerial Silks Level 3

Ages 7-11

Designed to follow our Level 2 program. In Level 3, we continue to develop strength and begin to build on foundational skills with a focus on fabric theory and technical understanding of more difficult skills. This class is designed to be progressive and incorporates artistic elements like creative sequencing and exploration of different movement styles.

Prerequisites : Graduated Silks Level 2 as well as (demonstrated with clear understanding and clean technique on both sides): aerial basic, single and double footlocks, aerial dance footlocks, aerial hip key, classical climb, russian climb, bicycle climb, footlock climb, flamingo sequence, double crucifix straddle back with knee hang, knotted revolution, knotted crochet drop, pull over, 3 *clean* aerial inversions in a row with bent arms and straight legs, catcher's position.

YOUTH AERIAL SILKS

Youth Aerial Silks Level 1

Ages 12-17

In Level 1 we focus on developing strength necessary to master foundational skills and provide a solid technique based foundation in which to progress to our Level 2 classes.

Prerequisites : None

Youth Aerial Silks Level 2

Ages 12-17

In Level 2 we focus on developing further strength necessary to master foundational skills and provide a solid technique based foundation in which to progress to our Level 3 classes.

Prerequisites: Graduated Silks Level 1 as well as (demonstrated with clear understanding and clean technique on both sides): Basic and double footlocks from the ground, wrapped hip key from the ground, basic aerial stand or classic climb, russian stand or climb, knotted inversion sequence (frog, straddle, pike, gazelle, hip key).

Youth Aerial Silks Level 3

Ages 12-17

In Level 3, we continue to develop strength and begin to build on foundational skills with a focus on fabric theory and technical understanding of more difficult skills. This class is designed to be progressive and incorporates artistic elements like creative sequencing and exploration of

different movement styles. Drop-ins are accepted at the instructors' discretion as availability permits.

Prerequisites : Graduated Silks Level 2 as well as (demonstrated with clear understanding and clean technique on both sides): aerial basic, single and double footlocks, aerial dance footlocks, aerial hip key, classical climb, russian climb, bicycle climb, footlock climb, flamingo sequence, double crucifix straddle back with knee hang, knotted revolution, knotted crochet drop, pull over, 3 *clean* aerial inversions in a row with bent arms and straight legs, catchers' position.

Youth Aerial Silks Level 4

Ages 12-17

Please note that Level 4 classes are by INVITE ONLY.

With the strength and stamina built in the prior levels, students are encouraged to begin to explore the artistic element of fabrics with creative sequencing, musicality & occasional choreographic opportunities. We continue to build on our foundational skills, incorporating intermediate and some advanced variations. This class explores further drops and dynamic skills, and emphasis is placed on further developing understanding of fabric theory. This class is closed to drop ins, unless approved by the instructor and is currently INVITE ONLY. Please email info@discovercircus.ca for any questions in regards to placement in this class.

Prerequisites : Graduated Silks Level 3 as well as (demonstrated with clear understanding and clean technique on both sides): aerial basic, single and double footlocks, aerial dance footlocks, basic climb, russian climb, bicycle climb, footlock climb, rotating russian climb, opposite side knee hook climb, aerial hip key sit sequence through forward dive, dippy do straddle back, triple wrap knee hang and variations, 5 *clean* aerial inversions in a row with bent arms and straight legs.

ADULT AERIAL SILKS

Adult Aerial Silks Level 1

Ages 18+

New to aerial arts? We offer a fun and approachable introduction to fabrics that will leave you challenged and satisfied. In Level 1 we focus on building the strength necessary to master foundational skills and provide a solid technique based foundation in which to progress to Level 2.

Prerequisites: none

Adult Aerial Silks Level 2

Ages 18+

Designed to follow our Level 1 program. In Level 2 we focus on developing further strength necessary to master foundational skills and provide a solid technique based foundation in which to progress to our Level 3 classes.

Prerequisites : Graduated Aerial Silks Level 1 . Skills (demonstrated with clear understanding and clean technique on both sides): aerial basic and double footlocks, hip key from the ground, classic climb, russian climb, knotted inversion sequence (frog, straddle, pike, gazelle, hip key), double crucifix straddle back.

Adult Aerial Silks Level 3

Ages 18+

Designed to follow our Level 2 program. In Level 3 we continue to develop strength and build on foundational skills with a focus on fabric theory and technical understanding. This class is designed to be progressive and incorporates artistic elements like creative sequencing and exploration of different movement styles. Drop-ins are accepted at the instructors' discretion as availability permits.

Prerequisites : Graduated Aerial Silks Level 2 . Skills (demonstrated with clear understanding and clean technique on both sides): aerial basic, single and double footlocks, aerial dance footlocks, aerial hip key, classical climb, russian climb, bicycle climb, footlock climb, opposite side knee hook climb, flamingo sequence and variations, double crucifix straddle back with knee and ankle hang, aerial hip key sit sequence through forward dive, dippy do straddle back, triple wrap knee hang and variations, 3 clean aerial inversions with bent arms and straight legs.

Adult Aerial Silks Level 4

Ages 18+

Please note that Level 4 classes are by INVITE ONLY.

Designed to follow our Level 3 program for adults 18+. With the strength and stamina built in the prior levels, students are encouraged to continue their explorations of the artistic element of fabrics with creative sequencing, musicality & choreographic opportunities. We continue to build on our foundational skills, incorporating advanced variations. Emphasis is placed on further developing understanding of fabric theory. This class is closed to drop ins, unless approved by the instructor and is currently INVITE ONLY. Please email info@discovercircus.ca for any questions in regards to placement in this class.

Prerequisites : Graduated Aerial Silks Level 3. Skills (demonstrated with clear understanding and clean technique on both sides): all skills listed for Level 3, windmill, star drop, 3+ entrances into belay, back balance, hip key roll up, 3+ years of aerial experience.

HANDSTAND & ACRO

Partner Acro

Ages 14+

This class is great for all levels, no experience necessary just any folks that want to get upside down! You don't need a partner to join. In this fun and interactive class you will be invited to participate in bending, twisting and maybe even flipping in new ways!

It can be more accessible than you might think. Meeting participants at their individual level, we will work towards increasing specific strength and mobility within partner acro positions.

Prerequisites : None

Handstands

Ages 14+

This class will be focused on a fundamental of acrobatic movement- the handstand. This skill is foundational for many types of movement disciplines, and can be more accessible than you might think! Meeting participants at their individual level, we will work towards increasing specific strength and mobility to find balance, and movement, on your hands. The class will include a warm up, specific and functional strengthening and flexibility, and both inverted and non-inverted exercises.

Prerequisites: Persistence

ADULT AERIAL HOOP

Adult Aerial Hoop Level 1

Ages 18+

We offer a fun and approachable introduction to the hoop that will leave you challenged and satisfied. In Level 1 we focus on building the strength necessary to master foundational skills and provide a solid technique based foundation in which to progress to Level 2 and navigate your way in and out of the hoop.

Prerequisites : None

Adult Aerial Hoop Level 2

Ages 18+

In Level 2 we focus on smoothing out transitions in the hoop, finding creative mounts, dismounts, and developing skills enable you to find your flow. We will spend more time on specific conditioning relevant to the skills you are learning to progress into our Level 3 classes.

Prerequisites : Graduated Aerial Hoop Level 1 (demonstrated with clear understanding and clean technique on both sides): double knee hang, clean vine climb mount, straddle back on bottom bar, safe exit technique from hoop.

Adult Aerial Hoop Level 3

Ages 18+

Designed to follow our Level 2 program. In Level 3 we continue to develop strength and build on foundational skills with a focus on hoop theory and technical understanding. This class is designed to be progressive and incorporates artistic elements like creative sequencing and transitions, exploration of different dynamic movement styles and stamina based training. Drop-ins are accepted at the instructors' discretion as availability permits.

Prerequisites : Graduated Aerial Hoop Level 2. (Demonstrated with clear understanding and clean technique on both sides): Pull over onto the bottom bar with straight legs, single leg hangs on both sides, meat hooks on both sides, minimum 1 chin up, 5 beats from top bar with proper form.

Adult Aerial Hoop Level 4

Ages 18+

Level 4 is an advanced Hoop class by invitation only.

Applicants are required to have taken class at Discover Circus before. Please contact us if you would like to join.

ADULT TRAPEZE

Adult Trapeze Level 1

Ages 18+

For students who are looking to start Trapeze or branch out into another aerial discipline, we are offering a dance trapeze class that will encourage strength and technique in a fun and challenging way. In this class students will work on moves in the lines as well as above and below the bar.

Prerequisites : None

Adult Trapeze Level 2

Ages 18+

For students who are at an intermediate level and have passed through level 1 Trapeze, we are offering a dance trapeze class that will encourage strength and technique in a fun and challenging way. In this class students will work on dynamic moves, sequencing in the lines, and continue vocabulary above and below the bar.

Prerequisite: Trapeze Level 1, or by invite from instructor.

OPEN CLASSES

Open classes are only available at higher levels. They are not restricted by age only by appropriate level. They are available in different disciplines.

OPEN CLASS LEVEL 3

All Ages