

Inverted Perspectives Aerial – Student Handbook

Welcome to Inverted Perspectives Aerial! This handbook has been designed to answer questions and outline the guidelines essential to creating a safe, supportive, and inspiring environment for our students. As a member of our community, we invite you to review this guide carefully. By signing that you have read the Inverted Perspectives Aerial Student Handbook, you acknowledge and agree to uphold the terms and conditions outlined here.

Let's make this season a wonderful experience for everyone as we soar, spin, and grow together!

Office Hours | Communication | Staff

At Inverted Perspectives Aerial, we prioritize clear and timely communication. Please ensure that your most up-to-date contact information is on file, as our primary method of communication will be via email. For broader updates and announcements, follow us on our social media platforms.

Owners:

Kristine Benson, Lauren Berry, Jakki Clark, Micaela Baney

Faculty:

Liz McQuade

Office Hours:

Our office is open for phone and email inquiries from Monday to Friday, 9 am-3 pm

Class Schedule:

Classes are held Monday through Friday, approximately between 3 pm -7 pm and on Saturdays from 9:30 am-3 pm

Contact Information:

- **Email:** info@invertedperspectivesaerial.com
- **Phone:** TBD
- **Location:** 187 Londonderry Turnpike Hooksett NH

Membership Options

- Drop ins
- Class Packs
- Sessions
- Monthly Membership
- Other additional class options based on student desires and needs

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Holiday Closures

Classes will not be held on the following dates:

- **Martin Luther King Jr. Day** – Monday, January 20, 2025
- **Memorial Day** – Monday, May 26, 2025
- **Independence Day** – Friday July 4, 2025
- **Labor Day** – Monday, September 1, 2025
- **Thanksgiving Day** – Thursday, November 27, 2025
- **Christmas** – Wednesday December 24th, Thursday December 25, 2025, & 26th
- **New Year's Eve** – Wednesday, December 31, 2025

Events

- **Tentative Dress Rehearsal Dates:** TBD
- **Tentative Showcase Day:** TBD

Studio Goals and Vision

At Inverted Perspectives Aerial, we believe that adults of all body types, backgrounds, and learning styles deserve a space to explore and enjoy aerial arts in a safe, supportive, and encouraging environment. Our studio is designed as a haven for recreational adults to discover the joy of movement, build strength, and nurture individual growth at every level.

Our instructors are passionate about helping each student make progress in ways that uniquely support their goals and physical needs. We emphasize mindful technique and alignment to build a foundation of safe, effective movement that supports strength and adaptability as our bodies change. Whether you're a parent rebuilding core strength for inversions, or if you're hypermobile and focusing on stabilizing to prevent overextension, we are here to guide and celebrate your progress every step of the way.

Aerial is a powerful, fun way to improve fitness, and we're thrilled to help you reach new heights in a community that values each student's unique journey.

Registration and Level Placement

To ensure a safe and enjoyable experience, students at Inverted Perspectives Aerial are assigned to specific skill levels, which are determined by our experienced instructors. Students joining from another studio or after a long break may be required to take an introductory class or arrange a private evaluation session to confirm their current skill level.

Registration Process

For your convenience, registration is available online only. When signing up, please select the correct class level to avoid any additional registration fees. New students should register for intro to aerials. If you're unsure of the appropriate level, please contact us at info@invertedperspectivesaerial.com

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Cancellation Policy

Cancellation or Rescheduling:

- To be eligible for a refund or class credit (your choice), cancellations must be made at least 24 hours before your scheduled class.
- If you cancel within this timeframe, the Groovio app will automatically credit the class to your account wallet. You can use this credit to book other classes directly within the app.
- For refunds or if extenuating circumstances arise, please contact us via email to discuss available options.

Waitlist and Waitpool

We strive to accommodate as many students as possible. If you're placed on the waitlist for a class, you'll be notified via the Groovio app if a spot becomes available. Once notified, you have 1 hour to secure your spot in the class. If you do not respond within the hour, the spot will be offered to the next person on the waitlist.

As the class approaches, specifically within 12 hours, the waitlist transitions into a Waitpool. This allows anyone on the waitlist to join, with spots filled on a first-come, first-served basis. Be sure to act quickly once you're notified, as spaces will be filled based on the order of responses.

Tuition and Payment Options

Inverted Perspectives Aerial is pleased to offer a range of flexible options for tuition and class participation, designed to suit diverse schedules, goals, and levels of commitment. Whether you're looking for a full membership, a short-term session, or simply occasional drop-in classes, we have something for everyone.

Membership and Class Options

Payment Information

All payments can be processed through Groovio where students can create accounts for automatic monthly payments or package purchases. A small software imposed service charge applies for online payments via credit card or bank transfer of 1%. Additionally the Groovio software allows for flexible payment schedules. You may select a monthly membership option, but the cost can be broken down into weekly or bi-weekly payments if you prefer instead of paying once per month.

Drop-In Classes

- **\$35 per class:** Perfect for students seeking flexibility and a pay-as-you-go option.
- Ideal for those with unpredictable schedules or those wanting to sample classes without a long-term commitment.

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Social Media

Follow Inverted Perspectives Aerial on Facebook and Instagram to stay updated on the latest studio news, class information, and inspiring aerial content!

We love when our students share their progress and accomplishments with friends and family! If you'd like to post photos or videos from class, please check with your instructor beforehand. They can often assist with capturing the best angles and ensure your technique shines. Additionally, out of respect for our community, please avoid posting photos or videos that include other students or instructors without their permission.

At registration, students will have the opportunity to sign a photo release form, allowing us to share their images on our social media platforms. However, we always seek the aerialist's approval of any photos before posting. Thank you for helping to foster a respectful and supportive environment online and in the studio!

Substitutes and Class Cancellations

In the event that a teacher is unable to attend class, we will make every effort to find a qualified substitute to ensure continuity in your learning experience.

Class Cancellations

Class cancellations will be determined no later than 2 hours before the scheduled start time. Inverted Perspectives Aerial follows the local school districts for snow day cancellations. We may use our discretion to hold classes if conditions allow for safe travel. Any class cancellations will be communicated through our website at <https://www.invertedperspectivesaerial.com/> and our Facebook page.

Class Descriptions

Intro to Aerial

In this foundational class, you will learn the basics of aerial silks, sling, trapeze, and lyra, including essential terminology and introductory skills. The focus will primarily be on developing core strength through various climbs, holds, poses, and inversions. **Students must complete all graduation requirements. Advancement requires instructor assessment and approval.**

Lyra/Trapeze Level 1

This class features a comprehensive warm-up, stretching, and strength-building exercises. You will learn various mounting and dismounting techniques, as well as different hangs, poses, and transitions both above and below the bar. The skills to be learned in this class are extensive. In this class you will build familiarity with terminology. Examples: gazelle, peter man, man in the moon, mermaids, lions, knee hangs, etc. **Prerequisite: Graduation Intro to Aerial. Students**

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must complete all graduation requirements. Advancement requires instructor assessment and approval.

Lyra/Trapeze Level 2

Building on the foundational skills from Level 1, this class introduces more advanced moves, transitions, and dynamic movement on the trapeze and lyra. Students will develop confidence moving beyond the bar, exploring spansets, ropes, and transitions back to the bar. The curriculum includes ascents, descents, and the introduction of select drops to enhance aerial technique. Some examples: Leanna, ankle hangs, unassisted elbow hangs, single knee hangs, conditioning for toe and heel hangs, rotational skills and beats. This class is designed to challenge and refine your aerial abilities while building strength, control, and creativity in movement. **Students must complete all graduation requirements. Advancement requires instructor assessment and approval.**

Silks Level 1

Aerial Silks classes include a warm-up, stretching, and strength conditioning exercises. This class builds on skills from the Intro to Aerial class, introducing various poses and wraps at greater heights while establishing a strong foundation. This class offers an excellent workout while ensuring fun. Examples: Elsie roll ups, same side and opposite side hooks, hip keys, split roll ups, aerial locks, etc.

Prerequisite: Completion of Intro to Aerial. Students must complete all graduation requirements. Advancement requires instructor assessment and approval.

Silks Level 2

In this class, your level 1 foundational skills are put to use. Students will learn to execute basic aerial moves higher in the air and begin to flow into other movements. Drops will also be introduced. This class will help encourage growth of your aerial brain and intro fabric theory. Examples: Single star, belay entries, s-wrap entries, etc.

Prerequisite: Completion of Silks level 1. Students must complete all graduation requirements. Advancement requires instructor assessment and approval.

Silks Level 3

This advanced class focuses on combining skills and moving through more complex pathways. Students will apply fabric theory to create seamless transitions, and both standard drops, complex (stacked) drops, and dynamics will be introduced. This class is very grip intensive, and

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requires consistent endurance and stamina as many aerial inverts will be used throughout the class.

Prerequisite: Completion of Silks level 2. Students must complete all graduation requirements. Advancement requires instructor assessment and approval.

Silks Level 4

This advanced class will build on the skills learned in Level 3, incorporating intricate sequences, advanced drops, release moves, and unlocked drops. Students will further explore fabric manipulation, strength, dynamics, and endurance in their aerial practice. **Prerequisite: Completion of Silks level 4. Students must complete all graduation requirements. Advancement requires instructor assessment and approval.**

Sling Level 1

Using a single loop of fabric, this class explores shapes and transitions, as well as mounting and dismounting techniques on the sling. In this class you will start practicing managing the tension of the sling as well as cultivating your improved balance across positions. **Prerequisite: Completion of Intro to Aerial. Students must complete all graduation requirements. Advancement requires instructor assessment and approval.**

Sling Level 2

Building upon skills learned in Level 1, this class encourages students to perform movements higher up on the sling. You will progress through a variety of skills, flows, and drops, creating an array of combinations. More complex wraps, transitions, dynamics, theory and rolls will be introduced. **Prerequisite: Completion of Sling Level 1. Students must complete all graduation requirements. Advancement requires instructor assessment and approval.**

Sling Level 3

In this advanced sling class, students will focus on combining skills to create fluid sequences and transitions. This level will challenge your strength and creativity as you work on more complex flows and drops. **Prerequisite: Completion of Intro to Aerial. Students must complete all graduation requirements. Advancement requires instructor assessment and approval.**

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General Flow

In this class, students will explore choreography in the air, utilizing the apparatus to create routines set to music that emphasize fluidity and movement on the apparatus. This class is open to students at Level 2 and above. **Students must complete all graduation requirements.**

Advancement requires instructor assessment and approval.

Strength, Conditioning and Flexibility

A structured training approach focused on improving physical performance through exercises designed to increase strength, endurance, power, and agility. A practice aimed at improving the range of motion of muscles and joints through stretching techniques.

Open Studio

This unstructured time allows you to practice what you have learned or work on routines across all aerial disciplines. While no instruction will be provided during this time, a staff member will be present to ensure safety. You may only perform skills you are comfortable executing without a spotter.

In all **Inverted Perspectives Aerial** classes, each session includes a comprehensive 15-minute grounded warm-up to prepare the body for safe aerial work, followed by conditioning and skill-building exercises in the air. Students will progress through a variety of aerial skills, flows, poses, and sequences that align with their level. Each class concludes with a 5-minute cool down to stretch, decompress, and safely wind down from the session, ensuring a balanced approach to strength and flexibility.

Dress Code

At **Inverted Perspectives Aerial**, our dress code prioritizes the safety, comfort, and success of each aerialist! Students are required to wear form-fitting clothing that fully covers the backs of their knees to prevent friction burns and ensure safety. Covering the midsection and armpits is recommended for extra protection and comfort, though not required.

Not Permitted: zippers, rhinestones, hoodies, or drawstrings, as these can catch on equipment and pose safety risks. Jewelry of any kind is not allowed, and nails should be kept short and filed to protect the aerial fabrics. New ear piercings must be securely covered with bandages or athletic tape before class.

Additional Tips: Depending on the class, it may be helpful to bring additional coverage for elbows or wear socks for certain exercises.

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Hygiene Requirement Good hygiene is essential to maintaining both fabric quality and a positive class experience. Deodorant is required to help manage body odor, as unpleasant odors can damage the fabrics and shorten their lifespan. Frequent washing of fabrics can make them slippery and harder to use, which may detract from the experience for everyone. Please be considerate, as some students may also be sensitive to smells.

Attendance

Consistent attendance and dedication are essential for making progress in aerial arts, as they help build strength and skill while minimizing frustration. Missing classes can disrupt strength progression and slow skill advancement, so we encourage regular attendance.

Late Arrivals: We understand that sometimes delays happen. In the event of a late arrival, students must complete a full warm-up on their own before joining the rest of the class to ensure safety. If a student is more than 15 minutes late for class (5 minutes for intro) they cannot join the class.

We ask that students arrive 5 minutes prior to the start of each class to ensure they are fully prepared and ready to participate. For first-time students, we recommend arriving a bit earlier to allow extra time to fill out waivers and complete any necessary paperwork. This will also give you the opportunity to take a quick tour of the studio space and get acquainted with your surroundings before class begins. Arriving early ensures that you have a smooth and enjoyable experience from the moment you arrive!

Health & Hygiene

If you are experiencing viral symptoms, such as fever, excessive runny nose, or persistent cough, please stay home to support a healthy environment for everyone. Students must be 24 hours fever free in the absence of fever reducing medications. All students are asked to wash hands and feet before class and to wear clean clothes.

Student Responsibilities and Conduct

At **Inverted Perspectives Aerial**, we prioritize creating a safe and respectful environment for all. Please adhere to the following guidelines to ensure a productive and enjoyable experience for everyone.

Studio Behavior: To maintain a focused atmosphere, we ask that you avoid loud voices and refrain from gum chewing or bringing beverages other than water into the aerial space. Alcohol and drug use are strictly prohibited before or during class.

Grip Aids: Chalk is available in the studio, and you're welcome to use it. If you prefer rosin as a grip aid, please bring your own supply for convenience and consistency.

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Bring a Journal: Many students find that keeping a journal helps them track skill progression, learn vocabulary, and note sequences. This simple tool can enhance your learning and help you stay organized in your practice.

Respect for Self and Community

- **Respect Yourself:** Come to class prepared to work hard. Be attentive to your body's needs—know when to push and when to rest. Participate fully in warm-ups, as they set the foundation for a successful aerial session.
- **Respect Your Instructor:** Show respect by listening actively, following directions, maintaining eye contact, and keeping off equipment during demonstrations.
- **No Peer Instruction:** Students are not permitted to instruct or coach other students. For safety and consistency, please leave all guidance and corrections to the instructor. Please refrain from asking other students for advice, please direct those questions to the instructor.
- **Respect the Environment:** Keep the studio tidy by containing chalk use, placing trash in designated receptacles, and keeping restrooms clean. Please remove shoes upon entering the space. Additionally, all students are expected to assist with moving mats and setting up equipment. Place your belongings in the designated spaces. Please be mindful of water bottles that easily spill, things can get knocked over easily.

Aerial Arts Photo and Video Waiver

Participant Information:

- Full Name: _____
- Email Address: _____
- Phone Number: _____
- Date: _____

1. Consent for Photos and Videos By signing below, I, the undersigned, grant Inverted Perspectives Aerial, and its employees the right to take photographs and/or videos of me during my participation in classes, events, and activities at the studio. I understand that these photos and videos may be used for promotional, educational, and marketing purposes, including but not limited to social media, website content, advertisements, and other marketing materials.

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2. Use of Media I understand that the photos and videos may be shared on platforms such as Facebook, Instagram, Tik Tok, and the studio's website. I acknowledge that the studio will not use any images or videos in ways that I would find harmful, inappropriate, or offensive.

3. No Compensation I acknowledge that I will not receive compensation for the use of these images or videos. I understand that these materials are owned by Inverted Perspectives Aerial and that I have no rights to any media captured during my participation.

4. Release of Liability I hereby waive, release, and discharge Inverted Perspectives Aerial, its owners, and staff, from any claims, demands, or causes of action related to the use of photographs and videos in which I may appear. This release applies to all rights, titles, and interests I may have in the materials and to any claims for defamation, right of publicity, privacy, or infringement of any other personal or property rights.

5. Revocation of Consent I understand that I can revoke my consent at any time by submitting a written request to Inverted Perspectives Aerial to exclude any future use of my image. However, I acknowledge that any materials already produced and distributed may remain in circulation.

Signature: I have read and understood the above waiver and give my consent to the use of photos and videos as outlined.

- Signature: _____
- Date: _____

If Participant is Under 18: If the participant is under the age of 18, a parent or guardian must sign below to grant consent.

- Parent/Guardian Name: _____
- Parent/Guardian Signature: _____
- Date: _____