

New Student & Beginner Frequently Asked Questions

Are you new to Cirque Sensation or Aerial Arts?

In this document, you will find frequently asked questions and information to help you prepare for your first class!

If you have any questions or concerns, please contact us at:
extremecirquesensation@gmail.com

1. What should I wear to class?

For attire, you will want to wear tight fitting pants that will cover the backs of your knees, are comfortable to move in, and have some stretch. Leggings or footless tights are a great option. It is recommended that you wear a shirt that will cover your midriff without riding up, or that you can tuck in, for when you are hanging upside down.

Please do not wear a belt, or any jewellery that could catch on or tear the fabric. Take off anything that dangles and tape over anything that you can't remove.

You will be asked to take off your footwear when you enter the gym and as you cannot wear shoes or socks while on the aerial equipment, you don't have to worry about what shoes you wear. As a safety precaution, we recommend that your fingernails and toenails be well manicured before your class as jagged edges can snag on the silks and hurt you.

2. What should I bring to class?

Please download and fill out the Cirque Waiver Form ([Found Here](#)) and the Aerial Etiquette & Guidelines Form ([Found Here](#)). All students must read and sign these forms before they can begin their Cirque class.

Please note that students under the age of 18 are required to have their waiver signed by a parent or legal guardian.

It is recommended that you bring a water bottle, and make sure to drink water during or after class. There is a water cooler located in the gym

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that you can use to refill your water bottles. You might also want to bring a protein-rich treat for after class.

Lastly, we ask that you bring a pen or pencil, a notebook, and any instructional documents that your instructors have given you for your classes.

3. What if I have to miss a class?

If you are unable to attend a class during your session, please email your Aerial Instructor at extremecirquesensation@gmail.com. Our coaches recognize that life can get busy and that it is possible that you or your child may have to miss a class. As such, our instructors will do their best to accommodate planned absences. Please note that for safety reasons, attendance for the first class of each session is mandatory. If you are unable to attend the first class of the session, please contact extremecirquesensation@gmail.com as soon as possible so that accommodations can be arranged.

4. What if I have to miss multiple classes per session?

As Cirque & Aerial Arts is a progressive activity, missing classes can be detrimental to your learning experience, so we encourage you to try your best to be at every class. That said, we do understand that unexpected events can result in missed classes. If your Aerial Instructor is concerned about how many classes you have missed, they will contact you to arrange accommodations.

5. What time should I arrive for class?

Please arrive for class at least 10 minutes before the scheduled start time of your class. This will give you the chance to take your shoes off, change and use the washroom (if necessary), and prepare for class to start.

6. What if I am late for class?

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Due to the nature of Cirque & Aerial Arts, a proper warm-up is essential for injury-prevention and safety. As such, please try to arrive on time. If you are late for your class, your instructor will request that you complete a satisfactory warm-up before you join the rest of your classmates.

7. Can I eat before class?

We recommend that you do not eat a heavy meal in the two hours before class and that you try not to eat an hour before your class time. Once you get to know how (or if) being upside down or spinning on an apparatus will irritate your stomach, you are more than welcome to adjust your eating and snacking habits.

8. How strong do I need to be to begin training in Cirque & Aerial Arts?

Cirque Sensation's Programs has been developed for people of all strength and flexibility levels! To begin training in Cirque & Aerial Arts, you do not need any amount of upper body strength! Our Aerial Instructors assume that new students are coming in this program to work on their strength and that they likely have never tried anything like aerials in their life. If you are not used to lifting, pushing, or pulling your own body weight, do not worry. Our Fundamental and Aerial I Classes are tailored to you. As such, we will help you to get you used to the feel of aerial apparatuses before making you support your own body weight. If you regularly exercise, are able to holding your own body weight, or are looking for a challenge but are new to Cirque and registered in the Basic or Beginner Classes, don't you worry either! Just as our coaches are able to tailor the class instructions to students who are just beginning their strength training, they will be offering more difficult modifications for stronger students!

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9. I'm afraid of heights, but I really want to try Cirque & Aerial Arts! Help!

Never fear! All students start by learning aerial skills from the ground. From there, our Aerial Instructors will ask you to try the technique you've been practicing from a foot or two off of the ground. As you get better and more confident with the skill, you will be encouraged but never forced, to climb higher. However, an instructor will never allow you to be higher off of the ground than is safe for your skill set. Every aerial instructor's number one concern is your safety.

Even if you start out with a fear of heights, you may soon find that you're climbing to the top of the silks or the rope. More than a few professional aerialists are scared of heights. However, many feel comfortable in the air while on their apparatus whereas even ladders may still make them queasy! Because of all of the practice and preparation aerialists put into training, many are not affected by their fear of heights because they are so confident in their skill set.

10. I'm worried that I'll be terrible at Circus & Aerial Arts.

It's entirely true that you may come out of your first class feeling that you have done everything totally wrong. Does that mean you're terrible at aerials? Absolutely not!

There are a few things to keep in mind when you start aerial arts and whenever you're feeling frustrated:

- Certain aspects and skills can be incredibly hard. A skilled aerialist's job is to make everything they do look easy and that can make it confusing for you, the student. Unfortunately, that's just how it is. However, we think it makes learning, and mastering a new skill feel really awesome! If aerials were easy, it wouldn't be so much fun.
- Aerial class is not a contest. Everyone has different strengths, and learns at a different pace. Some people are stronger, some

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people are more flexible, some have the ability to learn a new skill and get it on their first try. However, what the student next to you can or cannot do does not reflect on you. If you find you're just not getting something in class, and are getting frustrated ask your instructor for extra assistance, they may even have a tip or trick for you! As coach Mateya always says, "Don't compare yourself to anyone other than the person you were yesterday!"

- The most important thing to get out of a Cirque Sensation class is to work towards accomplishing your own goals. It does not matter if those goals are to just have fun, to get strong, or to learn skills for a performance, just remember why you're doing what you're doing.

11. I just had my first class and I feel sore.

For most of us, our first aerial class is a level of physicality that we're not used to experiencing, and it may take your body a bit of time to adjust. But do not worry. If you are feeling very sore we recommend drinking lots of water, treating yourself to a hot bath, and gently stretch out any muscles that are sore using the techniques taught to you in your aerial class.

12. I just saw an aerial apparatus for sale online and I really want to buy it to set-up in my home!

We know that it can be tempting to buy a piece of equipment to set up in your own space. However, Circus & Aerial Arts can be downright dangerous when trained or set up improperly. We recommend backing up a few steps and finding a facility to train at with Aerial Instructors before you set up anything at home! If you have decided to purchase an apparatus for home, and nothing you say or read is going to change your mind, please speak to your Aerial Instructor. Our number one concern is your safety and while we would rather you train with us or

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another professional facility, we do not want you to get hurt or cause damage to your home. We would rather talk to you about options and connect you with professional riggers, structural engineers, and insurance companies, than see you injured.

