



Information Sheet for Pole Choreography, Strengthening and Flexibility Course

Class	Choreography, Strengthening and Flexibility
Location	La Grande Mare Health Suite
Lesson Structure	<p>10 participants per class, 2:1 pole ratio.</p> <p>There are three elements to this course.</p> <p>Strengthening:</p> <p>We will teach you a number of pole specific strengthening exercises, many of these you can also practice at home. Practicing these techniques on a regular basis will give you the strength you need to excel with pole fitness, enabling access to more intermediate and advanced moves.</p> <p>Flexibility:</p> <p>We will teach you a number of pole specific stretching exercises. Stretching ten minutes each day will give you the flexibility required for more advanced moves and to help progress towards performing splits.</p> <p>Choreography:</p> <p>Each lesson we will teach you a new routine; combining spins, climbs and transitions learnt in previous courses. You will have the opportunity to choreograph your own routine to a piece of music of your choice. This piece will be shared and performed with the class in the last session.</p> <p><u>Please ensure you arrive on time, if you miss the warm-up you may be asked to leave the class, as it is not safe to complete the exercises without warming up properly.</u></p>
Health	<p><u>Any new</u> health issues must be declared prior to your class commencing. Please then fill out the health declaration form and bring it with you on your first day.</p> <p>If you are in ANY doubt regarding any health issues you must contact your GP or other health practitioner for further advice.</p> <p>If you are pregnant or have given birth within the last 12 weeks we regret that we cannot accept you on to this course.</p>
Cancellation Policy	If you would like to cancel your place on a course, a party or private lesson please use the form on the Contact Us page or alternatively, call us.

	<p>For courses you will receive a full refund if giving us a minimum of 28 days notice before the start of your course. Any time thereafter we can only issue you a full refund* if your place is filled by another student. No refunds will be given once a course has commenced.</p> <p>Furthermore no compensation will be given if you miss a class, we regret we are usually not able to provide an alternative slot than what you have been priorly allocated for. The course fee is not transferable to a different course starting at a different time or at a later date unless formally agreed with Body & Pole Limited. An admin fee may apply for transfers.</p> <p>If you would like to cancel a pre booked party that has been paid in full, you will receive a full refund** giving us a minimum of 14 days notice. For scheduled parties where only a deposit has been paid (£60), this deposit is non-refundable.</p> <p>If you would like to cancel a private lesson, you will receive a full refund*** if giving us a minimum of 7 days notice.</p> <p>We do understand that sometimes in life not everything goes as planned. We intend to provide the best customer care possible and will do our best to fill spaces at time of cancellation. If you need to change the date for your party or private lesson we will try and cater for this whenever possible. Body & Pole Limited reserves the right to cancel a course should the number of students booked not be sufficient. In the event of this occurring, you will receive a full refund.</p> <p>* £20 Administration fee applies. ** £60 Administration fee applies. *** £5 Administration fee applies.</p>
Terms & Conditions, Disclaimer	<p>Pole dance and fitness can potentially be a hazardous. We require all students to fill out a disclaimer prior to starting the course. If we recently have received a disclaimer from you, you will not need to sign another.</p> <p><u>By purchasing this course you have agreed to our terms & conditions and our disclaimer. Make sure to sign and bring the disclaimer with you on your first day.</u></p> <p>You do not need to sign another disclaimer if we have previously received one from you.</p>
Clothing	<p>Sports type shorts and tops are recommended. Please don't wear any clothes that are restrictive.</p> <p>Dance shoes are optional, but you may be asked to remove them depending on the exercise. No socks are to be worn.</p> <p>We advise removing any jewellery such as rings, watches, bracelets and anklets during practice.</p>
General Information	<p>Please ensure that you have applied NO body lotions/moisturisers/hand creams etc within 24 hours of your pole lesson. This is extremely important as it can cause you to slip from the pole.</p> <p>You are able to use the changing and showering facilities (including towels) that belong to La Grande Mare. The Spa is not included but may be available upon request and at an additional cost. You may also take advantage of La Grande Mare's member's club bistro.</p>

We really look forward to teaching you, and if you have any questions please don't hesitate to contact us on either 07781 190243 (Anneka) or 07839 200241 (Lava). Alternatively please contact us on bodyandpole.gsy@gmail.com or on facebook.com/bodyandpolegsy

Kind Regards

Anneka Saunders and Lava Lundberg
Body and Pole Limited

Guernsey registered business no. 58336