



### Information Sheet for Pole Dance/Fitness Lessons Level 1

<b>Class</b>	<b>Complete Beginner, Level 1</b>
<b>Location</b>	<b>La Grande Mare Health Suite</b>
<b>Lesson Structure</b>	<p><b>10 participants per class, 2:1 pole ratio.</b></p> <p>Classes will include the following: warm-up, cool-down, stretching, strengthening exercises, pole spins, transitions and floor-work. At the end of each lesson, moves taught will be choreographed to form a routine. Each week new moves will be added to the routine to create a final performance that includes many of the moves learnt throughout the course.</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>
<b>Health</b>	<p>Any health issues must be declared prior to your class commencing. Please complete the health declaration form and bring it with you on your first day. Failure to bring this form with you on your first day will result in you having to fill it out on arrival and may take time away from your lesson.</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 has given birth within the last 12 weeks we regret that we cannot accept you on to this course.</p>
<b>Cancellation Policy</b>	<p>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. 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 &amp; 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</p>

	<p>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 &amp; 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.</p> <p>** £60 Administration fee applies.</p> <p>*** £5 Administration fee applies.</p>
Disclaimer	<p>Pole dance and fitness can potentially be a hazardous sport. We require all students to fill out a disclaimer prior to starting your course. You will need to bring this with you on the first day.</p> <p><u>Please read the disclaimer to ensure you agree to its terms before making payment.</u></p> <p>Failure to bring the disclaimer with you on your first day will result in you having to fill it in on arrival and may take time away from your lesson.</p>
Clothing	<p>Sports type shorts and a t-shirt or vest top are preferable to wear. Although shorts are not essential for the first two sessions they will help you to grip so we do recommend them. Please don't wear any clothes that are restrictive.</p> <p>Dance shoes are optional, but you will be asked to remove them for practicing any new spins for the first time. 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> <p>At the end of each session we will give you a couple of exercises for you to practice at home. A short practice each day will prepare you for the following lesson.</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](mailto:bodyandpole.gsy@gmail.com) or on [facebook.com/bodyandpolegsy](https://facebook.com/bodyandpolegsy)

Kind Regards

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