



Omni FAQ

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This Frequently Asked Questions (or FAQ) is designed to address common questions from the Omni community regarding the programming of the Omni Movement.

The information in this FAQ is subject to change based on the evolving needs of our community and our organization. Anything that is highlighted is in-progress and to be updated.

Exceptions to the policies outlined in this FAQ may be granted on a case-by-case basis. Email info@theomnimovement.org if you'd like to request an exception.

Are we missing a question? Need clarification? Also, email us at info@theomnimovement.org.

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General

The following are questions that pertain to all of Omni's programming.

1. What are the COVID-19 requirements at Omni programs?

At present, there are no COVID-19 requirements at Omni programs.

These requirements are subject to change. We will do our best to give our students sufficient notice of updates to our policy.

2. What happens if I experience COVID-19 symptoms during an Omni program?

Firstly, take care of yourself and quarantine as [recommended by the CDC](#).

Do not attend Omni programs until either

- You've received a negative test result, or
- It's been 5 days since your first positive test result.



Additionally, let Omni privately know (email info@theomnimovement.org) that you are experiencing symptoms, and keep them updated on your test results.

Once you are able to attend Omni programs again, you may discuss refund options with Omni (through email to info@theomnimovement.org).

Omni Progressive Program

3. Can I audit Omni progressive classes?

Auditing (i.e. watching a class without physical participation) is allowed for all members so long as they do not impede the class' ability to function.

4. How are Omni progressive classes structured?

Omni progressive classes follow a modular progressive model where the material for later classes builds upon the understanding of material from preceding classes.

The first layer of the model is a “**Level**”. Levels are sequential categories that are driven by a particular “Learning Outcome”. Every student must graduate a Level (i.e. Level 1) to enter the consecutive Level (i.e. Level 2). See [How do I graduate from a Level?](#) for more information.

Within each Level, there exist multiple “**Modules**”. Modules exist in parallel, are independent of one another, and each focus on a unique topic. Once a student is eligible for a Level, they may start with any Module in that Level.

Each Module has **4 weeks**. Each week within a Module progresses the knowledge of weeks before.

Within each week, Instructors will start class with a warmup and review of previous material, present new material, and then complete class with a recap and demo (i.e. demonstration) that will be filmed and shared with

Module-pass holding students through the program's Facebook progressive group.

Each week's class is 55 minutes in length.

There is no formal class on the 5th week in a month with 5 weeks. There may be an extended Practica or other type of programming based on student demand.

Each month, the Instructors teaching a particular Module are subject to change.

5. How do I graduate from a Level?

An Omni student is required to pass a Level's assessment to graduate from it and proceed with the next Level.

Assessments are typically performed during the 4th week's Practica of a Module.

In the 3rd and 4th weeks, students are prompted to sign-up for assessment on a sign-up sheet.

Those who sign up will be assessed privately by two Omni Instructors in the first hour of Practica for their ability to perform the required competencies presented in that program's rubrics, which are linked in the table below.

Program Rubrics
OmniZouk
OmniSwing (TBD)
OmniKiz (TBD)

Each assessment will take up to 5 minutes. The two Omni Instructors will collaboratively decide on a grade for the student. If the grades are aligned (i.e. both passing, conditional passing, or failing), the student will receive that grade. If the grades are unaligned, a period of deliberation ensues whereby the two Omni Instructors must agree to either pass, fail, or offer a conditional pass.

A conditional pass means that the student must meet a particular condition (e.g. continue to take their current Level, take Drills, etc.) in order to be able to concurrently take the new Level.

The Instructors will then provide that score to the student before proceeding with the next student.

Students should expect to complete a Level once before asking to assess and should expect to take the Level twice before they can expect to pass.

Note that this is a recommendation and not a guarantee. Omni is assessing your competency, not the amount of time you've taken classes.

Your grade in an assessment is not an indication of your worth to the Omni community or as a human being. The intent behind Omni's assessment is to ensure the efficient achievement of the Learning Outcomes for its students and to make sure students are being appropriately challenged at every step of their journey within Omni.

6. What happens if I miss a class in a Module?

If a student misses a class, they can learn the material in one or both of the following ways:

- Practice the material using the recordings presented to them in the Facebook Group for that style (only accessible to students who have purchased Module Passes)
- Ask an Omni Instructor to catch them up at a Practica during that Module (up to 5 minutes of instruction allowed).

If a student will miss two or more classes in a Module, Omni recommends that the student skip that month's Module, attend Practicas when they can, and join the following month's Module.

7. What is timing?

Many dance styles are often performed with an associated style of music. Additionally, the basic movements are often associated in a particular way with the rhythm or "timing" of that style of music (e.g. ____).

When an individual dances on the correct rhythm, it is called dancing "on-time". Why is it valuable to learn to dance on-time? IN PROGRESS

OmniZouk

At higher levels, Brazilian Zouk is known for having flexibility in terms of how movements are associated with the rhythm of a particular song.

To be able to eventually access such flexibility with precision, a Zouk dancer must be able to first stick to a prescribed timing. As such, OmniZouk requires its students to be able to dance to the following definition of timing - *consistently (>90% of the time) perform the "slow" step (of a "slow, quick, quick") on the [downbeat](#).*

From time-to-time, more complex rhythmic interpretations are taught in OmniZouk, but students should still be able to dance to the above defined interpretation.

OmniSwing

TBD

8. What music can I dance to for each style?

OmniZouk

Zouk is well-known as a dance that can be performed to a wide range of musical genres including pop, reggaeton, folk, hip hop, and more.

Omni has curated [this playlist](#) of songs from a variety of genres with slower BPMs that is often used during Practica and that students may use at home when practicing.

OmniSwing

IN PROGRESS

9. What if I want to both lead and follow?

The Omni Movement believes that the best partner dancers understand the mechanics of both leader and follower roles regardless of their gender.

In this spirit, Omni encourages role changing to promote degendering of roles and empathy between roles.

At the same time, Omni acknowledges that leader and follower are separate competencies. As such, Omni students will have a separate progression (i.e. Level) assigned to them for each role. For example, a student in OmniZouk may be in Level 2 as a leader and Level 1 as a follower. See [How are Omni progressive classes structured?](#) for more info.

Additionally, for logistical simplicity, Omni requests that you select one primary role for the duration of an entire Module.

10. How can I take private lessons?

Private lessons (i.e. lessons for 1 to 2 students) are a means of accelerating a student's learning through the provision of targeted feedback.



Omni does not manage nor take profit from the private practices of Omni Staff.

Omni encourages students to only take private lessons in conjunction with or after having completed at least a month of group education (whether with Omni or another school).

If private instruction is desired, speak with your preferred Omni Instructor about pricing and scheduling or email info@theomnimovement.org.

