



New England Center for Circus Arts

Thank you for your interest in Flying Trapeze at NECCA. Check below for answers to all kinds of questions. Don't see what you are looking for? Email us at flying@necenterforcircusarts.com.

What to Wear?

Wear close fitting, stretchy clothing that covers your knees and shoulders. For tops, as flying trapeze generally involves going upside down, higher necklines are encouraged. For bottoms, yoga-type pants or tights work well. Baggy pants of any sort should be avoided for safety reasons.

All jewelry must be removed before class for safety.

If you are interested in using grips we encourage you to use either gymnastics grips without a dowel, men's gymnastics grips with a dowel, or tape/gauze grips. Women's dowel grips are not recommended in flying trapeze. You are not required to wear grips, and many of our flyers fly without them. If you have more questions, [email us](#).

When to arrive?

Please plan on arriving 10-15 minutes prior to the start of your lesson or class, so that you can check in, warm up, and be ready to fly when your lesson begins.

Where are you located?

10 Town Crier Drive, Brattleboro VT 05301

What is your policy for flying out of lines?

We require three Net Leads to sign off for all out of lines flying (OOL). We also require a special waiver that you and three net leads will sign. You can find that [HERE](#)! Any tricks to be taken OOL go through a checklist and then require three net leads to determine the check list has been met. You can find that

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check list [HERE](#). If you are coming from another rig where you normally fly OOL. Please email us in advance with videos and we can get your approval done in advance of your class. Note three net leads will not always work class. Therefore we cannot promise you will be allowed to fly OOL unless you have gotten prior permission.

How old do I have to be?

Anyone ages 7 and up is welcome to Fly. We have kids only classes as well check them out [HERE](#)!

Is there a weight limit?

For flying trapeze classes only, there is a weight limit of 215 lbs.

At NECCA our number one priority is the safety of our students and staff. All of our policies including our Weight Limit reflect this priority and exist to mitigate the risk of injury.

Flying trapeze classes are unique. Flying Trapeze requires that an instructor holds a students' body weight, both on the platform for takeoff and with safety lines while swinging and landing. This means we rely on our instructor's physical ability to keep students safe (among other factors). Therefore, despite thorough training, our instructors may be less able to keep a student safe if that student is beyond the stated weight limit. Weight isn't the only factor that determines a student's ability to be able to participate safely in class. We also require the following prerequisites:

All students, regardless of weight, must also meet the following requirements:

- Ability to hang from straight arms for 15 seconds with good muscular alignment
- Ability to be fitted with a safety belt situated between the hips and ribs, without the belt shifting up or down the body.
- Students may also be asked to demonstrate body positions on the ground before being permitted to do so in the air. Such as knee hang on a static bar before going upside down on the Flying Trapeze

We understand these conversations can be frustrating. At NECCA we strongly believe that the circus is for everyone. This policy is purely for safety reasons. There are also lots of classes you can take to prepare you for a future flying class. If flying trapeze doesn't sound like the right fit right now, we have lots of other classes at NECCA. Check them out here.