



Pole & Aerial Fitness Policies & Procedures

1) Studio Policies (For Students & Guests)

1.1 Non-Discrimination Policy

At Spinning Sirens, we actively welcome people of all races, ethnicities, genders, sexual orientations, body types, abilities, and backgrounds. Our space is open to everyone aged 14 years old and older, and we are committed to ensuring a safe, respectful, and empowering environment for all. We welcome people of all genders; however, certain classes may have gender-specific participation requirements based on rotating schedules to accommodate spiritual or cultural practices. These offerings are clearly communicated in advance, and we encourage open dialogue to ensure everyone feels supported in their movement journey.

1.2 Code of Conduct & Behavior Expectations

Spinning Sirens is committed to creating an inclusive, supportive, and judgment-free environment. Students and guests must treat instructors, staff, and fellow students with respect. Disruptive, inappropriate, or aggressive behavior will not be tolerated and may result in removal from class or termination of membership. Harassment, discrimination, or bullying of any kind will result in immediate expulsion.

1.3 Cancellation & Refund Policy

All classes, memberships, workshops, and passes, whether booked individually or as part of a package, are non-refundable. Cancellations must be made at least 8 hours in advance to

receive class credit or reschedule. Late cancellations or no-shows will result in forfeiture of the class fee. Exceptions to this policy include inclement weather or instances of illness or injury, where Spinning Sirens will gladly make arrangements to accommodate student situations. In the event the studio must cancel a class due to weather, all attempts will be made to notify students and the class will be credited to the student's account.

1.4 Late Arrival Policy

Warm-up is mandatory to prevent injury. Students arriving more than 5 minutes late miss an important warm up and will not be permitted to join the class for safety reasons. The front door may be locked and students may not be permitted to enter. No refunds or credits will be issued. If a student anticipates being late, please contact the studio or the instructor as soon as possible.

1.5 Attire Guidelines

In general, Spinning Sirens encourages all guests to wear clothing they feel comfortable moving in during their classes. This may vary from participant to participant, and/or from class to class. We enforce a strict no lotions or oils policy before any apparatus-based class (e.g., Pole or Aerial). These products can increase students' risk of injury, and cause damage to our equipment. We also forbid wearing jewelry or sharp objects that may cause damage to apparatuses (including but not limited to rings, bracelets, anklets, or other wearable jewelry on wrists, ankles, or body parts which contact an apparatus.) The following subclauses provide more specific context for specific class scenarios:

- **1.5.A. Open Age Classes:**

All genitalia and nipples must remain covered at all times in classes where minors are present. In 18+ classes, body expression is up to the discretion of students and instructors.

- **1.5.B. Pole Classes:**

Absolutely no lotions or oils are permitted before class. Students are expected to remove any jewelry that may damage the pole. For tricks classes, leg skin is necessary, so students are expected to wear athletic shorts/bottoms that allow skin contact with the pole. Athletic tops, tank tops, sports bras, swimsuit tops, or pole tops are recommended for upper body wear. Please note, different pole classes may require

different skin points of contact, and more skin may be required for more advanced polers. Please dress accordingly for the demands of your level. For any class that features use of floorwork, kneepads are strongly recommended. Pole heels are required for some classes (e.g., Sirens in Stilettos) - but are optional in all other pole classes. All types of grip aids are welcome, but students are required to clean the pole after use to remove any residue.

- **1.5.C. Aerial Classes:**

Absolutely no lotions or oils are permitted before class. Students are expected to remove any jewelry that may damage the apparatus. To ensure safety, students are expected to wear tight athletic bottoms which cover all of their leg skin (examples may include leggings, bodysuits, thick tights, etc.). Tight athletic tops are required for upper body wear. Absolutely no zippers or loose clothing are permitted as they may snag equipment and threaten student safety.

- **1.5.D. Fitness Classes:**

Comfortable athletic clothing is recommended for all fitness classes. If shoes are to be worn during a fitness class, students are expected to remove street shoes and wear appropriate shoes before participating in the class. There is no dress code in fitness classes unless expressly noted by an instructor. Students are permitted to wear whatever makes them feel most comfortable when engaging in fitness.

Our studio has limited yoga mats available. Students are encouraged to bring your own yoga mat for fitness classes.

- **1.5.E. Special Events & Workshops:**

Certain events or workshops may include specific attire recommendations or guidelines pending the nature of the event. Students are expected to adhere to all posted guidelines for apparel when attending specialty events or workshops.

1.6 Age Limitations & Liability Waiver

Students 14 years and older may participate in most classes with parental consent. Some classes are designated as 18+ only, and no exceptions will be made. A legal guardian must sign a consent form *in person* before a minor can attend their first class. Spinning Sirens reserves the right to verify age and deny participation if age requirements are not met.

1.7 Student Safety Guidelines

Students should not attempt new tricks without instructor supervision. No alcohol or drug use is permitted prior to or during any class, workshop, or open apparatus. Anyone appearing intoxicated will be asked to leave without a refund.

1.8 Injury & Medical Disclosures

All students must sign the Spinning Sirens [Liability Waiver](#). Spinning Sirens expects all students to disclose any injuries or medical conditions that may impact participation before class to the instructor. Instructors cannot be held liable for any injuries or medical conditions that a student did not disclose to the instructor prior to participation. Participation is at students' own risk; Spinning Sirens is not responsible for injuries sustained during classes, workshops, or open apparatus. If an injury occurs, students are expected to report the injury to an instructor immediately. Spinning Sirens recommends that students consult a physician before beginning any new fitness regimen.

1.9 Photography & Video Recording Policies

Instructors decide on their own class policies pertaining to student photography and recording during class. All students must receive active consent from anybody, including the instructor, who is included in a photo or video. No minors are permitted to be included in videos without the express written consent of a legal guardian. Instructors may record portions of classes for marketing or training purposes; students will be notified in advance of recordings and may choose to opt out. Live streaming of classes is strictly prohibited. Photos and videos are permitted during parties, private classes, private studio rentals, and Open Apparatus, given all people featured in the photos and/or videos have actively consented. Any unauthorized recording or distribution of studio activities may result in removal from the studio and termination of membership.

2) Membership & Pricing Policies

Prices are subject to change. Check our booking app for the current class offerings and prices. Workshops will vary by subject, length, and instructor.

2.1 Drop-in vs. Membership Options & Benefits

Drop-in students pay per class and do not receive additional perks. Spinning Sirens offers flexible membership plans tailored to different training needs and budgets. Membership includes access to weekly classes (the type of classes will vary by membership level), our Monthly Sirens' Social Soiree, member-only events, 50% discount on Pole Essential Series and Workshops, 15% discount on private lessons/personal training, & retail items. Members receive priority booking and early access to new class offerings.

2.2 Membership Fees, Auto-Renewal & Cancellation Policy

There is no joining fee or cancellation fee associated with membership. Students can cancel memberships at any time via the Vagaro app. Memberships have no contracts, and membership fees are billed monthly on auto-renew. A valid payment method must be on file for auto-renewal unless otherwise arranged. Memberships are non-refundable once the billing cycle has started.

Pausing Memberships: Memberships may be paused for up to 30 days for any reason with written notice to studio management at spinningsirensstudio@gmail.com. For longer pauses in billing without losing the membership rate, please reach out to studio management to discuss!

Failed Payment Policy: If a membership payment fails to process on the billing date, the member will have **10 days** to resolve the issue. If payment is not received within this period, the membership will be automatically canceled, and re-enrollment will be subject to availability and current pricing.

2.3 Class Packs and Open Apparatus Passes Expiration & Usage

Class packs never expire and are non-transferable. They may only be used for drop-in classes and may not be used for open apparatus, events, workshops, or series. Open Apparatus Passes never expire and are non-transferable. They may only be used for drop-in open apparatus sessions and/or our Monthly Siren's Social Soirée.

2.4 Discount Policies & Special Offers

Spinning Sirens occasionally offers promotional discounts, which cannot be combined with other offers unless explicitly stated.

2.5 Refund & Transfer Policy

Memberships, class packs, and workshop fees are non-refundable and non-transferable. Exceptions may be made for medical reasons with proper documentation.

3) Private Lessons Policy

3.1 Private Lesson Scheduling

All private lessons including pole, lyra, silks, or any other style of private lesson are to be booked directly with an instructor. Instructors offer different private lesson rates and have different availability for private lessons. If you are interested in a private lesson but are unsure of who to contact, please email spinningsirensstudio@gmail.com and Spinning Sirens will connect with the correct instructor pending your request type.

3.2 Rates and Payment

All instructors offer their own rates for private lessons. Please connect with individual instructors for more information on rates and availability. A non-refundable 50% deposit is expected at the time of private lesson booking to lock-in your private lesson date/time. Private lessons can be reserved without paying a 50% advance deposit, but all private lessons scheduled without initial deposit are subject to reschedule/cancellation pending other studio activities and events. All private lessons must be paid in full by the time of private lesson completion unless express written consent of the instructor.

3.3 Private Lesson Availability

Private lessons are available for schedule at Spinning Sirens Studio during any time the studio is not operating studio classes or events on a first come first serve basis. Limited private lessons are available on Fridays and Saturdays after 5 pm and may not be booked more than 7 days in advance.

3.4 Non-Participating Guests

Non-participating guests such as spouses, friends, or children are permitted during private

lessons pending instructor consent. However, non-participating guests are not permitted to touch any apparatus or participate in any private lesson instruction.

3.5 Photography & Video

Guests are welcome to take all the photos and videos they like during their private lesson pending instructor consent.

3.6 Age Limitations

Although studio programming for all classes is designed for guests ages 14 years old and older, Private lessons are available for guests of all ages, even guests under 14 years old. All Minors (guests 17 years old and younger) must have a signed waiver from a parent or legal guardian to participate.

3.7 Disclaimer: Policy Updates and Revisions

The policies outlined in this document are subject to change at the discretion of Spinning Sirens Pole & Aerial Fitness. While we strive to provide clear and consistent guidelines, updates may be necessary to accommodate new regulations, safety protocols, or operational improvements. We encourage students, members, and guests to review our policies regularly, as continued participation in our programs and use of our facilities constitutes acceptance of the most current version of our policies.

4) Open Apparatus

4.1 Definition

Open Apparatus refers to designated, pre-defined time on the schedule where the studio is open for guests to train on any apparatus (pole, lyra, silks, flying pole, etc) they have experience using. An instructor will always be present during Open Apparatus, but they will not be leading or teaching. These sessions are often used for people developing choreography, looking for their own training time, or reviewing skills they may have learned from a class. There are a limited number of each apparatus. While we encourage sharing, please note that not all apparatuses may be available or set up at each Open Apparatus session. We encourage early arrival or emailing the studio to ensure your apparatus is set up.

4.2 Permitted Attendees

Open Apparatus is only open to current Spinning Sirens students, or new-to-us students who have instructor-approved apparatus experience elsewhere. Exceptions are given during the monthly Spinning Sirens Social Soiree where all participants including those who are new to our studio are open to train and explore equipment during that time.

4.3 Approved Activities

During Open Apparatus, participants may use any apparatus in the studio they have experience working with. Taking pictures and videos during Open Apparatus is permitted; all guests must receive active consent from any other student or staff in the studio who may appear in photos or videos.

4.4 Forbidden Activities

For the safety of guests and liability of Spinning Sirens Studio, no formal instruction is permitted during Open Apparatus. Formal instruction is defined as any guest delivering consistent, specified, or pre-defined instruction to another guest without approval from Spinning Studio management. Any photos and videos taken of others in attendance without their active consent is strictly prohibited.

4.5 Guest Expectations

Open Apparatus sessions are scheduled at various times throughout the week and are subject to change. Each session has a designated start and end time, and the fee remains the same regardless of arrival time. Guests are responsible for cleaning poles, mats, and equipment at the end of their session. Equipment sharing is encouraged, and participants should be mindful of others waiting to use the apparatus. A Bluetooth speaker is available for communal use, so guests may need to share it with others. Those who prefer their own music are encouraged to use headphones. For safety and optimal training, guests should utilize all available safety equipment, particularly studio mats.

5) Parties and Events Policy

5.1 Booking & Payment Policy

A \$100 non-refundable deposit is required to secure your booking. The remaining balance is

due at the time of the scheduled event. An accurate guest count must be provided at the time of final payment, with a minimum charge for 4 participants, regardless of last-minute changes. Additional guests may join on the day of the event and will be charged accordingly. Payments including the initial deposit can be made by Venmo or Cash. **Studio Venmo is: @spinningsirens**

5.2 Party Packages & Time Allocation

Our standard party/event packages include two party length options: 90 minutes (1.5 hours), or 150 minutes (2.5 hours). The minimum number of participants is 4, with a maximum of 15. Parties wishing to book with more than 15 guests may contact Spinning Sirens directly and requests may be considered given the feasibility of the studio, staff, etc.

5.3 Non-Participating Guests

The per person fee still applies for non-participating guests and they must sign our liability waiver. If needed, please contact our staff prior to the event to discuss accommodations.

5.4 Photography & Video

Guests are welcome to take all the photos and videos they like during their event. If professional photography is desired, guests must hire their own photographer.

5.5 Age Limitations

All participants must be 14 years or older. Minors must have a signed waiver from a parent or legal guardian to attend. Non-participating minors or guests under 14 are not permitted without prior studio approval.