

Open Gym Pro Details

Open Gym Pro training is self-directed training time for circus professionals and pre-professionals to develop skills and create acts. You can only train for the skills/apparatus you are checked off to train.

Cost: \$100 a month. Weekly and daily training is available for visiting professionals for \$50/week or \$20/day. Times: During regular studio hours-9:30am - 9:30pm, 7 days a week, except during holidays and private events. Classes and private lessons always get first priority of space. No training time if 5 or more classes are running.

Must have current safety certification for rigging and current personal health insurance policy. Safety/Rigging Certification & Space Orientation is \$30 (per group).

Rigging recertifications must be done **every year** or if you have not trained at the studio for more than 6 months. We will offer a couple free recertification times twice a year, otherwise the fee above applies.

If you are interested in participating in OGPro, email melissa@emeraldcitytrapeze.com with "OGPro" in the subject line. Please be sure to include the following information:

- What activities do you wish to train during OGPro times?
- What is your background in circus arts - where did you train, how long, and with whom?
- If you are a professional artist, please include a demo and resume/CV.
- If you are pre-professional (less than 4 shows/gigs a year) OR a high level but not aspiring performer you must include a current demo of skills and a letter of reference from a current coach/verbal reference from an ECT coach. Additional strength or technique tests may apply.
- If you are a guest looking for short term training please include the dates of your proposed visit.

Open Gym Pro Policy

General Safety Agreements:

Open Gym is a time for you to safely work on your strength, flexibility, and things you have learned in classes. This is not a time for you to work out a trick you saw on the internet, have your friend teach you, or try a new apparatus.

- Never train alone.
- Never do a new trick for the first time in Open Gym.
- Use good judgment and don't train to exhaustion.
- Always use a mat.
- If you are rigging always get someone to double check that your rigging is safe.
- Teaching other students is not allowed. Only ECTA coaches are allowed to give instruction.
- Rigging recertifications must be done **every year** or if you have not trained at the studio for more than 6 months. We will offer a couple free recertification times twice a year, otherwise the fee above applies.

Breaking any of the above OG Agreements may result in loss of your OG membership without a refund.

Respectful use of our studio space:

Please respect classes and instructors. We reserve the right to ask you to find another space or time in the studio to train, or take control of the music if there are too many classes running on B-side.

- Keep it clean: no shoes on mats, no rosin on stage/dance floor.
- Share the space: Open Gym members must give priority to regularly scheduled classes.
- You may be asked to move points in order to share space with others.
- No jewelry, jeans, or zippers on equipment. No exceptions.
- Please leave the space better than you found it, ie-Put mats away, return poles to a locked position, make sure yoga blocks and weights are put away, etc.

Training times and studio availability:

We are generally open 9:30am - 9:30pm, 7 days a week.

Open Gym Pro is available for you when there is an available point/space, and the studio is not closed for a private event or holiday. There is no training time if 5 or more classes are running. We encourage you to check the online schedule, or call the front desk if you have any questions about availability. You can also check the studio closures calendar on our website:

<https://emeraldcitytrapeze.com/contact/> . "Last Wash" is at 8:30pm. This is to ensure you get a workout, and our staff gets to leave by closing. In the event that the studio is closing early, "Last Wash" is 1 hour prior to closing time. Saturdays from 6:00pm-10:00pm is reserved for ECTA

Instructor Open Gym on B-side. This is an on-going private session, and we kindly ask you to respect our time to train and create, but A-side and the stage is available during this time.

Equipment Policies:

As a part of your Open Gym, you commit to safe and proper rigging. Everyone must get a second person to safety check their rigging every time. This is both for your safety, and anyone who may use the apparatus after you. It is best practice to always check the equipment, hardware, and line before getting in the air. A mat should be used at all times for all aerial points. If a mat is not available for you to use because a class is in session, you will need to wait until one is free. For Cyr Wheel, a mat must be placed over any mirrors in the area for the safety and protection of both you and the studio mirrors. For Pole, never use rosin on the poles, or wear lotion on the poles. Poles are not to be used to stretch with thera-bands unless they are provided by your pole instructor (to keep rosin and lotion off). All jewelry must be removed before using the poles. Pole attire must adhere to PSO competition guidelines (full coverage tops and bottoms). Pole shoes are acceptable, but please do not wear them on the mats.

Use of ECTA and personal apparatus is available to you. We ask that you are respectful of all equipment, and to be especially mindful of students' personal equipment. Always ask before getting on someone else's equipment. OGPro users are allowed to leave up to 2 pieces of equipment here if it is regularly being used every month. Any gear left at ECTA must be left in an approved space and labeled with your name and contact information. Leave it at your own risk-we are not responsible for any equipment that is lost or damaged while left here. If ECTA equipment is dropped or damaged while you are in for Open Gym, please let the Front Desk know immediately.

Use of the winch is not extended to students, and should not be used by anyone in Open Gym unless approved ECTA staff is operating it for you.

After you are done training, restore the studio to the condition in which you found it (if not better). This means equipment is stored properly in the back, mats are put away, hardware is stored separately from apparatus, and sandbags are raised.

Repeated failure to comply with Open Gym guidelines could result in losing your Open Gym privileges.