

Open Gym Student

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Open Gym Student is available for ECTA students age 16 & up who have instructor permission to attend, (No flying trapeze or Trampoline during OGS). There is no coaching or instruction during open gym, but there is a coach available to facilitate, rig, answer questions, and help with equipment. All rigging must be done by the facilitator only. Students are expected to work only on the material they are learning in classes and lessons that they can execute safely.

Anyone who pre registers for a minimum of 4 classes each month is eligible for Open Gym Student. Failure to participate in the 4 required classes every month results in cancellation and disqualification of future OG access.

Open Gym Policy

General Safety Agreements:

Open Gym is a time for you to safely work on your strength, and things you have learned in class. 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.
- No rigging! Always get the facilitator to rig for you.
- Teaching other students is not allowed. Only ECTA coaches are allowed to give instruction.

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 point in the studio, or time 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
- 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.