



INTEGRAL
AERIAL | MOVEMENT | SOCIETY

Open Training Policy

Who can attend Open Training?

Open training is available to Level 2 and 3 students of 18 years or older. If you're an Integral regular, you'll know what this means, but if you're unsure, ask a coach during your next class! Basically, it means being able to:

- Consistently straddle with the fabrics separated, coming down slowly!
- Consistently do a scissors (often known as a hiplock in other studios)
- Perform a 360 drop safely and without cues from your coach.
- Do a 'self rescue' from a 360: setup the drop, and then unwrap yourself safely without actually dropping.

If you've never trained at Integral before as you're in the midst of travelling or passing through, we'd still love to have you! You can buy casual classes at Integral, and if you'd like to join us for Open Training, you'll just need to have attended one casual class on the apparatus you'd like to train, so that a senior coach can briefly assess you. Please let us know before booking if this is you, so that we can make sure someone is available to assess you!

If you're Level 1 and looking to improve your skills so you can join our Open Training classes, we highly recommend attending regular classes and specifically, our Aerial Conditioning classes.

How much is Open Training?

\$32 or as part of a membership, you get 5 classes per week, including Open Training, which would mean your Open Training session would only cost \$13.60 per class! Check our prices here and our timetable for Open Training here.

What is Open Training?

Open Training is time in the air, on silks, lyra, or trapeze, during which you can practise moves and sequences on your own, without a coach. Let us elaborate...

Your coach is only supervising - you're responsible for your own safety.

During Open Training, the studio will be supervised by an Integral coach, who is qualified to safely and quickly lower apparatuses in case of emergencies. Your coach will be there on a supervisory basis only, rather than as they would be in a normal class, where they run a warm-up, demonstrate movements, provide feedback and corrections, etc. They will likely be completing administrative or other work around the studio, so they won't have eyes on the apparatuses at all times. You'll usually find them in the reception area if you need anything!

This also means that you'll need to adequately warm your body up before going in the air. We highly recommend completing another class before your Open Training session to ensure your body is well prepared. Where that's not possible, please warm up on the floor beforehand. Attending regular classes at Integral is the best way to prepare yourself for Open Training sessions and take care of your own safety.

There are inherent risks involved in aerial arts, and while we always do everything we can at Integral to create a safe environment, Open Training is for experienced aerialists who are comfortable working on their own. If this isn't you, no worries! Just stick to our structured, coached classes.

We highly recommend only practising moves you are consistently capable of achieving, in a safe way.

Work within your limits, and stick to what you know. If you're Level 2, please don't attempt any Level 3 moves, or even Level 2 moves that you haven't mastered yet. Open training is a place to perfect what you already know, and perhaps experiment with sequences, practise performances, or just work on movement quality. It's not a place to try out a random move you saw from that Cirque artist one time on Instagram! Stick to moves that you're comfortable with, and that a professional aerial coach has taught you (not your uni lecturer's next door neighbour's daughter's pet turtle).

Respect our community - you are there to train and have fun, you're not the coach.

We highly encourage team spirit at Integral, all the way to the tips of our spirit fingers. But remember that at Open Training, you need to respect each other's personal time and space. You're not there to coach other students, nor are they there to coach you. Mainly because you need to be qualified to do this, but also because we need to be courteous and understanding of each other. You'll likely be sharing your apparatus with another person, which gives you some rest time across the 1.5 hour session. Make sure to share the time in the air fairly.

Can I bring my own apparatus?

This is dependent on availability and bookings. Please email us at hello@integralaerialsilk.com if you're looking to use your own apparatus. Even if you're bringing your own apparatus, you might be expected to share, depending on the availability of points, rigging requirements, and the bookings for that session. If you're uncomfortable sharing, then let us know in the email. We'll do our best to accommodate you.

We'll also need to do an inspection of the apparatus beforehand, so make sure to give us some notice if you're planning on bringing your own equipment. We reserve the right to deny use of equipment we deem unsafe. In saying that, even if we give you the okay, Integral's insurance only covers OUR equipment. If your equipment fails, it's your responsibility.

Acknowledgement of Open Training Policy

By booking an Open Training session, I acknowledge that I have read and understood the Open Training Policy as outlined above, and that I am participating in a high risk activity, and responsible for my own safety. I will follow the rules of Open Training, and respect my fellow customers and the coaches.