

Flying Pole Prerequisites

ADULTS ONLY - Ages 18+

Flying Pole is a challenging apparatus! To enroll in this course, these prior Aerial skills (on any apparatus) must be in place. If you do not yet meet these requirements, please email **admin@flystudiosyxe.com** to schedule a Private Lesson. If you have questions, contact the studio or check with Kaity, directly.

- Short Arm Straddle in the air, 2 each side (knees straight or bent)
- Long Arm Hang 30 seconds
- Hipkey -or- Thigh Squeeze Hold in the air (legs straight)
- Front Balance
- Back Balance
- Single arm hold / assisted, 10 sec, both sides (using toes on mat, or lower hand holding with weight in top hand - we will be working towards full single hold)
- Opposite & Same Side Straddle Hooks
- Ability to stay in the air on any apparatus and work through skills for 2 minutes
- Prior experience on Hoop, Rope or Pole are an asset, but not a requirement

You will be sharing apparatuses, and class size is limited to 6 students! **Fly Pole Safety Checks** are part of the course material. Practice time outside of class on the studio's Flying Poles will require student demonstration of these equipment checks, adherence to **Flying Pole Attire**, and will only be allowed during Open Gym time when Kaity is supervising (typically Friday) until otherwise notified.

Attire:

- **Crop Tanks / Sports Bras / Polewear Tops** - For some poses, you may need some midriff & upper arm skin grip against the pole, so are suitable.
- **Leggings** - Higher compression is best - looser fits may twist and stretch as you move around the pole.

Flying Pole has a unique silicone covering. **Absolutely NO ZIPPERS! Metal pieces on clothing will damage the silicone.**