

Synapse Circus Center

Independent Training

Monday 6pm-10pm ~Wednesday 6pm- 8pm ~Saturday 10am - 1pm

Sometimes you just need a place to practice. Maybe you need to get your act together for a new gig, or to work on all those skill drills you know are good for you. Maybe you need to brush up on what you are learning in class, or fine tune your form. For those of you who just want a little extra time on the equipment, we have the solution!

Cost

The fee for Independent training is \$10/2hr session, to be paid prior to start. We accept cash, check, and card.

Who

Independent training is for those who are in class or working with a coach and needs some extra practice. It is not to take the place of actual instruction or a place to try new skills. Independent Training is for those age 18 year or older and in a Level 2 class or above with approval from their coach or can be evaluated by the head coach for approval.

Application

Name _____ Email _____

Current Student: Yes ___ No ___

If yes, Current coach _____ Class _____

Discipline you wish to train on:

- Aerial
- Tumbling/ Acro
- Juggling/ Object Manipulation
- Personal apparatus, Please specify: _____

Approval given by: _____

Independent Training Policies

Sign In

Before every Independent Training session you will need to check in at the front desk. On first visit you will need to sign a waiver, and fill out and sign our training policies. Once a waiver is completed, sign in and get to training!

Cell Phone Use

No texting, chatting, or calls while on the training floor. Please be respectful to other participants while taking video/pictures. If you need to use the phone, please step off the floor.

Be Aware of Others in the Space

Collisions are painful! Pay attention to who is around you, what they are working on, and how much space they need. Part of becoming a great circus artist is learning how much personal space you need in order to train safely. Your friends will appreciate your consideration too. Classes take priority on the equipment, please be respectful and move if a coach asks you to.

Train Responsibly

At Independent Training, you are responsible for your own personal safety. The easiest way to ensure your safety is to work within your existing skill ability. That means that Independent Training is for practicing skills in which you are already confident. Please do not try out unfamiliar skills or equipment at Independent Training.

Skill Sharing

Working together with others is encouraged. It is fun to collaborate with new ideas but this is not a class. With that in mind, please limit your collaboration to skills that you are both confident with and refrain from spotting each other. If spotting is required, please sign up for a private lesson through the office or online.

Synapse Circus Center, LLC and its Managers reserve the right to revoke training privileges from anyone unwilling to change unsafe, rude, aggressive, or generally unpleasant behavior upon request.

Please sign that you understand and are willing to follow the stated policies.

_____ Date _____

Signature

Printed Name