

Frequently Asked Questions - FAQs

Written by PoleJunkies

Monday, 16 January 2012 10:33 - Last Updated Friday, 17 August 2018 09:18

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What not to wear:

No oils or lotions on the skin prior to Pole Dance class. This will make you slip off the pole! Think about your jewellery. Rings, watches, bracelets and earrings could get damaged or even damage you when you are on the pole! Please be prepared and leave your valuables at home.

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What should I wear to Class?

Priority is comfort. Beginners classes wear something comfortable, like yoga pants or leggings, something that covers your knees, and a regular exercise top or t-shirt. Level 2 and up bare legs are necessary and shorts are required on the second class.

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Are we allowed to bring heels?

For health and safety reasons, high heels are not permitted until the last class of a session, or as designated for Exotic or Stiletto classes. Only clean indoor shoes...or barefeet are allowed.

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What kind of footwear do I need?

None! :) We teach class in bare feet, however we suggest bringing a pair of socks or foot undies, as they ease pivots and protect the ball of the foot from overuse.

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Can I participate if I am Pregnant?

We do not allow pregnant women, at any stage, to enter/begin participation in pole or aerial classes. If you become pregnant during your session or membership, continued participation in pole or aerial activities may be granted with a doctor's note for modified activities, otherwise, we will provide you with a Gift Certificate for your remaining classes or months left in the pass or term.

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What If I cannot attend my scheduled class?

We require notice to our office via email by midnight prior to the scheduled class to be missed. Simple email calgary@polejunkies.com to inform us you will not be attending class. One Make-up Class is permitted, with required notice, on regular priced 6 week sessions. *All cancellations received after midnight before the scheduled class will be considered a 'late cancel'. Students who register for a class, but do not attend, will be considered a 'no show'.

For both 'Late Cancel' and 'No Show' events, the following will occur:

For Session Students: Class is lost, no makeup class will be permitted.

For Class Pass Students: You will have a class credit removed from your current class pass.

For Membership Students: First occurrence, either a class will be removed from your total or a \$10 fee(+GST) will be charged. On Subsequent Occurrences, a class will be removed AND a \$10 fee(+GST) will be charged.

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What is the difference between Intro, Level 1 and Pole Foundations?

Intro is a 4 week choreography and is designed to introduce you to the pole in a safe, controlled manor, in order to gain your confidence to move on to higher levels. Intro focuses more on momentum creation and creating a comfort level to learn to fly! Level 1 is a 6 week choreography and longer by 2 weeks. You learn significantly more movements as an Intro, still of beginner level..but longer in length, focusing on postural alignments and safe fun flight! Pole Foundations is a 4 Week, movement based class with no choreography. All 3 sessions are designed for beginners. Visit our [Details Page](#) for full description of classes and sessions.

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It says Intro do I have to start there?

You can start in either 4 Week Intro to Pole, 6 Week Level 1 or 4 Week Pole Foundations class, all are beginner classes, differing in length of course and choreography or non choreography based. Each is a different group of movements and routine. Visit our [Details Page](#) for full description of classes and sessions.

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What if I am registered and due to Medical Reasons or Injury cannot attend or finish my classes?

We require a note from your physician and will make arrangements with you personally to transfer your registration or booking. However we **do not** give refunds without a medical note stating inability to participate in a PoleJunkies Class.

All medical refunds are subject to a 50% administration fee.

In Alberta, commercial businesses are **NOT** required to provide refunds. PoleJunkies does **NO**
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er refunds, exchanges, cancellations or returns. Due to the limited spaces available in each class, All sales for classes and products are Final, and agreed to upon registration.

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What are the age limits?

All of our classes are available to those age 16+. Parental Consent forms are required prior to participation. There is no maximum age limit, as we currently have many Grande Dames of Pole enrolled in our programs. Those aged 65 and up are required to provide physician consent to participate, in order to enrol.

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I am shy - should I take a class?

Absolutely! It is very helpful for students to learn in a class setting - watching other students can be incredibly helpful in improving your own technique. All classes, unless specifically stated co-ed, are for women only and we do not allow spectators in the studio during class time.. Remember, pole dancing for fitness is a great workout and is nothing to be embarrassed about!

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Do I need to lose weight before class?

Students of every body type and fitness level are welcome to join our classes. The point of a fitness class is to GET in shape, not BE in shape. You dont go to the gym because you are already in shape...do you?

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What is the difference between Single classes and your Level classes?

Single classes are a one time class designed to introduce or enhance your experience in our

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studio. If you want to specifically learn spins and tricks on the pole and advance through our programs, you should register for a Level class and increase your endurance in a fun and exciting way!

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I have years of a dance/gymnastics/fitness background, can I begin at a higher more advanced level?

Unfortunately no, as not one of those backgrounds include pole. The pole is a piece of fitness equipment, and therefore should be treated no different than any other designation. A person from any other type of fitness will not be able to do gymnastics or dance better than the average person unless they have experience in the program. The understanding of body positions and alignment require movements to be introduced in a general order, to ensure the body can physically progress without injury. Levels may be condensed if a student shows signs of rapid progression.

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Disclaimer

Pole Dance is a physical fitness activity. As with any physical activity, if you have any medical conditions, injuries or are worried about any aspect of your health that may prevent you from doing physical activity you must consult your doctor prior to attending any class.

**Please advise your instructor of any health conditions at the start of the class.
All participants must sign a disclaimer to waive liability before starting a class or course.**

All fees and sales are non refundable.▢ No Refunds.▢ Exchanges and transfers may be considered, dependant on circumstances, and are at Management's discretion.

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Please Read Our [Policies Page](#) For Full Information.