

SAM'S PERSONAL STUDIO

STUDIO POLICIES



Safe. Professional. Supportive.

Detailed policies for classes, private lessons, workshops, and studio programs

By registering, students acknowledge and agree to the policies contained in this document.

Welcome to Sam's Personal Studio

Sam's Personal Studio is committed to providing a safe, organized, encouraging, and respectful environment for every student.

These policies help us protect our students, instructors, equipment, and limited class spaces. By registering for a class, lesson, workshop, or studio program, students acknowledge and agree to the following policies.

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PAYMENTS, REFUNDS, CREDITS, AND TRANSFERS

All payments are final once registration has been completed.

The studio does not provide:

- Refunds
- Account credits
- Transfers to another student
- Transfers to a future month
- Partial refunds for missed classes
- Prorated tuition after the monthly session begins

We understand that illness, work, travel, family responsibilities, transportation issues, and other unexpected circumstances may arise. However, registration reserves a limited space in a specific class and prevents that space from being offered to another student.

For this reason, payments cannot be transferred to another month when a student is unable to attend.

2

MISSED CLASSES AND MAKE-UPS

There are no refunds, credits, or make-up classes for classes missed by the student.

Monthly tuition reserves the student's space in the class for the complete session. The cost of the program does not change based on the number of classes the student attends.

Students are responsible for reviewing their schedules and making sure they are able to attend before registering.

When the studio cancels a class, the studio will provide a rescheduled class, replacement option, or appropriate studio credit.

3

ARRIVAL AND TARDINESS

Students must arrive on time and be ready to begin when class starts.

Warm-up is an essential part of class. It prepares the muscles and joints for movement, improves mobility and body awareness, and helps reduce the risk of injury.

A student who arrives after a significant portion of the warm-up has been missed may be asked to observe rather than participate. This decision will be made by the instructor based on safety and the physical demands of the class.

Repeated tardiness may affect a student's ability to remain enrolled in the class.

4

STRENGTH, CONDITIONING, FLEXIBILITY, AND PROGRESSION

Pole and dance training require more than learning individual tricks or combinations.

Strength, conditioning, flexibility, coordination, control, technique, and body awareness are essential parts of safe progression.

Students who wish to advance into higher-level classes must demonstrate the physical readiness, technical understanding, control, and safety awareness required for that level.

Progression is based on readiness - not simply the amount of time a student has attended class.

Instructors have final approval regarding:

- Class placement
- Level advancement
- Modifications
- Regressions and progressions
- Whether a student is ready to attempt a particular skill

Students should not compare their rate of progression to other students. Every student develops strength, flexibility, confidence, and coordination at a different pace.

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JEWELRY, LOTION, OILS, AND POLE SAFETY

Jewelry must not be worn during pole classes.

This includes:

- Rings
- Watches
- Bracelets
- Necklaces
- Anklets
- Body jewelry that may catch, scratch, or interfere with movement
- Clothing or accessories with exposed metal that may damage the poles

Students must not apply lotion, body oil, tanning oil, massage oil, or other slippery products before attending pole class.

Lotion and oils are extremely difficult to remove from the poles. These products reduce grip and may cause slipping or falling.

This creates a safety risk not only for the student wearing the product, but also for every student who uses the pole afterward.

Students may be unable to participate if lotion or oil creates an unsafe training surface.

6 PERSONAL CLASS SUPPLIES

Students are responsible for bringing all personal supplies required for their class.

These may include:

- Knee pads
- Grip aid
- Water
- Pole heels or other appropriate footwear
- Socks
- Resistance bands
- A towel
- Any additional supplies requested by the instructor

Students should arrive prepared with everything needed to participate safely and comfortably.

It is not the responsibility of instructors or other students to provide personal class supplies.

7 EQUIPMENT AND STUDIO CLEANLINESS

All studio equipment must be returned to its proper place after use.

This includes:

- Mats
- Spray bottles
- Cleaning towels
- Yoga blocks
- Resistance bands
- Chairs
- Props
- Heels
- Any other studio equipment

If a pole is unlocked for spin mode, it must be returned to the appropriate setting as instructed.

Students must dispose of all personal trash before leaving the studio. This includes water bottles, wrappers, tissues, cups, grip packaging, and any other items brought into the space.

Please leave the studio clean, organized, and ready for the next class.

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USE OF POLES AND STUDIO EQUIPMENT

Students may not change pole settings, move equipment, or rearrange the training space without instructor permission.

Students may not attempt tricks, inversions, drops, flips, climbs, or advanced movements that have not been taught or approved by an instructor.

Students must follow all instructions regarding:

- Crash mats
- Spotting
- Pole settings
- Equipment placement
- Skill progression
- Partner work
- Safe distances between students

Students must immediately report loose poles, spills, damaged equipment, unstable chairs, broken props, or any other safety concern.

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INSTRUCTOR DIRECTION AND SAFETY DECISIONS

Students must follow instructor directions at all times.

An instructor may modify, stop, or refuse a movement if they believe the student is not yet ready, is performing the movement unsafely, or may place themselves or another person at risk.

An instructor may ask a student to:

- Use a modification
- Return to a previous progression
- Use a mat
- Accept a spot
- Observe a skill
- Sit out part of the class
- Stop participating for the remainder of the class

These decisions are made for safety and are not intended as punishment.

10 RESPECTFUL CONDUCT

All students, instructors, staff members, performers, and guests must be treated with respect.

The studio does not tolerate:

- Bullying
- Harassment
- Discrimination
- Threatening or aggressive behavior
- Sexual harassment
- Deliberately humiliating another student
- Repeatedly interrupting instruction
- Behavior that makes another person feel unsafe
- Disrespect toward instructors, students, staff, or studio property

Students must respect personal space and boundaries.

Students may not touch, spot, correct, photograph, or record another student without permission.

Disruptive, unsafe, or disrespectful behavior may result in removal from class or dismissal from the studio without a refund or credit.

11 PHONES, PHOTOGRAPHY, AND RECORDING

Phones should remain on silent during class unless they are needed for an emergency.

Students may record themselves only when the instructor allows recording and when doing so does not interrupt the class.

Students must make sure that other students are not visible in their photos or videos unless those students have given permission.

No student may photograph or record another person without their clear consent.

Studio choreography, class combinations, curriculum materials, teaching methods, manuals, and instructional content may not be copied, reproduced, taught, sold, published, or distributed without written permission from Sam's Personal Studio.

12 APPROPRIATE CLOTHING

Students must wear clothing appropriate for the class and movements being taught.

Pole classes may require exposed skin to safely maintain contact with the pole. Students should follow the clothing recommendations provided for their class.

Clothing should allow the instructor to observe proper alignment and should not include sharp zippers, exposed metal, rough decorations, or accessories that may scratch the poles or equipment.

Long hair, loose clothing, and accessories should be secured when necessary for safety.

13 ILLNESS, INJURY, AND PHYSICAL LIMITATIONS

Students should not attend class when experiencing a contagious illness, fever, vomiting, or symptoms that may place instructors or other students at risk.

Students must inform the instructor of any injury, pregnancy, recent surgery, medical limitation, or physical condition that may affect participation.

Students are responsible for deciding whether they are medically able to participate and should consult a qualified healthcare professional when appropriate.

Students should immediately inform the instructor if they experience:

- Sharp or sudden pain
- Dizziness
- Numbness
- Unusual shortness of breath
- Weakness
- Disorientation
- Any unusual or concerning physical symptom

Students should never feel pressured to continue through pain.

14 ALCOHOL, DRUGS, AND IMPAIRMENT

Students may not participate while under the influence of alcohol, recreational drugs, or any substance that affects balance, coordination, judgment, reaction time, or awareness.

This includes misuse of prescription or over-the-counter medication that causes significant impairment.

Anyone who appears impaired may be asked to leave and will not receive a refund, credit, or make-up class.

15 FOOD, DRINKS, AND PERSONAL BELONGINGS

Only closed water containers should be brought into the training area unless otherwise approved.

Food should remain outside the main dance and pole area.

Students are responsible for keeping track of their own belongings.

Sam's Personal Studio is not responsible for lost, stolen, forgotten, or damaged personal items.

16 CHILDREN AND GUESTS

Children are not permitted in the studio during group classes.

The studio has limited space, and the poles and students are positioned too closely together for children to remain safely inside the training area.

This policy is intended to protect both the child and the students participating in class.

During private lessons, children or guests may be permitted with prior instructor approval.

The student is responsible for supervising their child or guest at all times and assumes responsibility for:

- Their safety
- Their behavior
- Their personal belongings
- Any injury caused by failure to supervise them
- Any damage they may cause to studio equipment or property

Guests may not use studio equipment or participate in the lesson unless they are registered, have completed the required waiver, and have received instructor approval.

17 CLASS PLACEMENT AND PREREQUISITES

Students must register for the appropriate class level and complete all required prerequisites.

Students may not attend a higher-level class without instructor approval.

Completion of a previous class does not automatically guarantee advancement. Students must demonstrate the skills, strength, control, and safety awareness required for the next level.

The studio may recommend that a student repeat a level, attend a different class, or complete additional conditioning before advancing.

18 SCHEDULE AND INSTRUCTOR CHANGES

Class schedules, instructors, and studio programming may occasionally change.

The studio will make reasonable efforts to notify students of schedule changes, cancellations, substitute instructors, or rescheduled classes.

Students are responsible for keeping their phone number and email address current and reviewing studio messages.

The studio is not responsible for missed notifications caused by incorrect or outdated contact information.

19 DAMAGE TO STUDIO PROPERTY

Students must use studio equipment and property responsibly.

Students may be held financially responsible for damage caused by:

- Intentional misuse
- Negligence
- Failure to follow instructor directions
- Unauthorized use of equipment
- Damage caused by their child or guest

Normal wear and tear will not be charged to the student.

20 RIGHT TO REFUSE OR END PARTICIPATION

Sam's Personal Studio reserves the right to refuse service, suspend participation, or dismiss a student whose behavior is unsafe, threatening, disruptive, disrespectful, or inconsistent with studio policies.

Serious or repeated policy violations may result in dismissal without a refund or credit.

These policies exist to help us maintain a studio environment that is safe, clean, professional, supportive, and welcoming for everyone.

Thank you for helping us protect the space, the equipment, the instructors, and one another.

Student Acknowledgment

By registering for or participating in services offered by Sam's Personal Studio, I acknowledge that I have received, reviewed, and agree to follow the studio policies contained in this document.

I understand that these policies are intended to protect the safety, comfort, and experience of students, instructors, guests, and the studio community.

Student name: _____

Student signature: _____

Parent/guardian name and signature (if applicable):

Date: _____

Thank you for helping us keep the studio safe, clean, professional, and welcoming for everyone.