

# Coffs Coast PoleFit

## Participant Information Sheet

### **What can you expect from a Coffs Coast PoleFit Course or Class?**

First Coffs Coast PoleFit is fun. Aside from safety, having fun is our number one goal. We start with a warm up and end with a cool down and stretch. In between you will learn some fun moves, spins and tricks on the pole. The whole time you'll be gaining strength, getting some cardio fitness (yes you can get your heart rate up) and improving your core strength and posture. Its totally addictive.

You may get some bruising in areas that press against the pole, like the inner thighs and shins. You also may feel some dizziness initially but both the bruises and any dizziness decrease as you get use to the moves and tricks. There is some upper body strength awareness required as you will be lifting your own body weight so we will adjust any moves that we think you may not be ready for, until you've improved your upper body strength.

### **What should you wear and bring?**

You can wear what you want to but we do recommend that you wear some shorts or short gym tights, T-shirt or singlet top. Your skin helps you grip the pole so if its covered up too much, you may find the moves and tricks difficult.

You can wear whatever footwear you like. Some people go barefoot, others wear socks, runners or yes, even stilettos (especially for PoleSass). We do provide some grip powder for course and class use and grip powder (Might Grip) as well as grip liquid (Dry Hands) can also be purchased from us to ensure you have your own personal supply. Please wear layers so you can peel off as you get warmer and bring a towel to wipe your body down and water to keep you hydrated. Our towelletes are for cleaning the poles which we ask you to do before, during and after each session.

### **Where should you start?**

We recommend everyone starts with our Beginner Level 1 Course. Or if you are coming into our PolePlus course then you can start with that. PoleSass does require some degree of Pole experience at a Beginner 1 Level. From there you can continue with Beginner Level 2 and then Intermediate 1 or be invited to do Intermediate 2. We do run Open Classes (bookings are always required), plus do Birthday Parties, Hens Parties etc and there may also be the opportunity to use the Pole for your own practise during PlayTime once you have completed Beginner 1 or through 1:1 private sessions with an Instructor.