

# HOUSE RULES

Making the most of your classes

## SMOOTH AS...

Of course buses run late and life happens. Aside of that, as much as possible, **try to arrive a few minutes early** to be in sportswear and ready to roll when the class starts. That allows us to start on time, which is paramount especially when there is another class following - and respect the early risers' time and commitment.



## CATCHING UP CLASSES

Because life happens, I am open to the possibility of you catching up on classes when you can't attend one. A few rules to make this work:

- You can only catch up a class if you tell me **in advance** which you are going to miss, and **upon confirmation** that there is space (some venues are very small :)
- A course isn't a class pass - so unless we have discussed your expected absences at the beginning of the course, you can only catch up on your class the **very same week** of the one you missed, and can't postpone your class like credits. Please understand that this is necessary for me to ensure the quality of the teaching for everyone.



## GP CLEARANCE

Before any course starts, **you are responsible for seeking GP clearance** and making sure you are fit to take our classes. Everything is planned to prepare your body to the demands of floorwork, but please never disregard your individual needs and injury history.

I also need to fill in **this form** before your first class.



## WHERE THE MAGIC HAPPENS

WhatsApp and Facebook are our two mains ways of communicating about classes, emergencies, pop up workshops, footage from class, special events, etc. Please join them to be kept in the loop.



Text me at 083 179 1118 and I will add you the Dublin Floorwork Group



You will find here the private **Facebook group**.



Every month, a playlist gathering all the songs plaid in class is being created. No more angst of missing that tune that really got you flowing. Click the icon to get to the public playlist.



## REFUNDS/CANCELLATIONS

Once you have secured your spot for a course:

- you can be refunded %50 of the amount, minus transactions fees
- you can postpone the paid amount to a following course, within a 3 month window