

JasminVardimon

POPUPSPACE

ONLINE CLASSES - FREQUENTLY ASKED QUESTIONS

How do I book a class?

Classes can be booked via our website www.jasminvardimon.com/popupspace. You will be asked to create an account with your registration details. You can choose to pay per class or to purchase a '6 Class Pass', which gives you great flexibility at a great price. You may purchase multiple '6 Class Passes' but please be aware that they are only valid until 31st July 2020. Concession rates are available for full time students, the unemployed and those receiving government benefits.

Please join the meeting 5 minutes before the start of the class.

What classes do you offer?

We offer a series of dance and movement classes for all ages and abilities. Please see our full list below:

- Pilates for Beginners-Intermediate
- Pilates for Dancers (advanced)
- Breath & Flexibility (all ages)
- Stretch & Strengthen (general level)
- Stretch & Strengthen - Beginners
- Youth Dance Creative Technique (age 12-18)
- Dance Improvisation (all ages)
- Dance for Vitality (creative movement class for those aged 50+)

Where can I take part?

Our online classes are designed to take place in your home, allowing you to keep fit and stay healthy while adhering to the necessary social distancing requirements during the current coronavirus pandemic. Try to find a clear space in a room that doesn't have too many obstacles and allows free movement. You don't need any extra equipment but you may use a mat for Pilates and stretching if you prefer to do so.

What should I wear?

We recommend that you wear comfortable clothes that are easy to move in. Please also make sure that you have some water available should you need it.

Will I be visible to everyone participating?

Zoom features an option to turn your screen off so that you are not visible during the class. There are options to tailor your screen so that you can see everyone equally (Gallery View) or to see the instructor primarily (Speaker View), with other participants as small thumbnails along the bottom. We recommend you use Speaker View so the class instructor will feature as the largest tile in the centre of your screen so that you can follow the movements appropriately. If you need to alert the class instructor to anything or have a question, please raise your hand during the class. If you are participating in a class for children or teens (under 18) we require you to turn on your camera for a few moments at the beginning of the class in order to verify your age and to protect the safety of all children taking part. You may turn off the screen once this has taken place and the class starts.

My children would like to take part in your online classes, how are you ensuring online safety?

For classes exclusively for children or teens, we will have at least one member of our team hosting each class in addition to the class instructor. They will monitor each session and moderate for behaviour and age appropriate attendance. We will ask you to ensure your camera is activated for a few moments before the class starts to verify the age of all participants. You can then turn your camera off if you wish. We advise young adults to let their parents know that they are taking part in an online class, to make sure you are the only person on camera and to use only a first name in any profile you set up with Zoom. We do not allow any video or photographs to be taken during the class.

Online classes disclaimer

By joining our online classes you agree that you are in good shape and able to take part in the exercise. You accept and assume responsibility for injury or damage that may result from your participation in the class. Neither Jasmin Vardimon Company nor individual class leaders are responsible or liable for any injury or damage to property whilst you take part in online classes. The recording and distribution of classes presented is forbidden.