

"KEY QUESTIONS TO SAFE & QUALIFIED POLE PARTIES/CLASSES"

- 1. How long have they been instructing for pole parties and or classes?** Be sure they have been properly trained and use equipment & moves proven safe for parties & all of your guests. Many pole party companies have been popping up and there have been injuries, damages and misrepresentation of pole parties. We have worked very hard since 2005 to maintain the highest standards, safety and entertainment for our partiers. Be sure you are booking a qualified pole party.
- 2. Is the company & instructor insured to perform home parties with the dance poles?** Very important. Some pole party companies use tension mounted poles - these poles DO come down and have caused serious injuries and substantial damages. Most home owner policies will not cover these injuries or damages.
- 3. Where was the instructor trained or how qualified to instruct a party or class?** Be sure the moves taught are safe and performable for all sizes, shapes and abilities. Ask for certifications and licensing information. For classes: Are the courses designed to build muscle, endurance and flexibility? Several individuals/studios are offering pole oriented parties/classes with out proper training or licensing of copy written materials. We are the original founders whom brought pole parties/classes to Michigan and this part of the country. Our classes were developed and proven highly effective for all sizes, shapes and abilities.
- 4. How many parties/classes has the instructor performed to date?** Feel free to ask for proof. Pole Addiction, World of Pole and their affiliates have touched lives of 10,000's of women to date.
- 5. Do they use only high quality dance poles and equipment?** Many pole companies are not using the highest quality of LilMynx "American Made" dance poles. These poles have been tested for many years and are proven safe for pole parties/classes. Please be aware of spin-off poles for many have caused serious injuries and damages.
- 6. Do you need a ceiling (tension poles can damage ceilings) and what are the party specifications?** Our parties do not require any ceiling, only an 8' minimum clearance and 5 foot area around pole.
- 7. Are there time or guest limits to my party?** We can't limit your party time. The fun is just beginning within the first hour. To us your party comes first & the guests love to play & practice - especially the spins!!! We do incur a minimum of \$350 for parties at your location and a minimum of 5 guests for our location. No maximum number of guests – we have capabilities to do parties for 50 or more at your location or ours!!!
- 8. Does the pole party company supply alcohol at their parties, events or workshops?** Be very careful with this one - this is illegal & insurance companies may not cover if any injury or damages occur. Only liquor licensed establishments can legally & safely serve alcohol at their facilities. This is also a liability issue for you.
- 9. Do they offer a wide variety of pole classes, courses, workshops and sessions?** Professional pole dance studios/instructors should offer a wide variety of pole oriented products. Pole Addiction and World of Pole offers full courses from the novice to advanced, numerous workshops, practice style sessions, teasers that all can enjoy and total pole fitness 40 minute regimens.

For more questions please call 734-306-0909 and we will be happy to help you locate and register for any of your pole dancing needs.

We are compiling "Pole Dancing Standards" and would like your feedback on your pole party, class or workshop experiences. Please email your responses to patricia@poledancefactory.net please include the company, instructor, date and time of event, number of guests and a paragraph or 2 on how it went.

History of Pole Dancing Parties & Classes: (Articles and documents on display at World of Pole Fitness & Dance Studios).

Beginning 10 years ago when Sheila Kelly played a pole dancer in "Dancing at the Blue Iguana". After filming of the movie she became pregnant, after child birth she felt down and out of shape. She recalled how great she felt when training for the film and installed a pole in her husband's office and began her pole workouts.

Very soon she felt great and was back in incredible shape. She wanted to share this wonderful experience and opened the very first pole studio in California. This studio catered to many Hollywood actresses and the elite.

Soon after: A Pole Lot Of Fun was born out of Vancouver Canada and created "Pole Parties". These parties would bring the whole pole dancing experience into the homes of the everyday lady all over the world

Owners of Pole Dance Factory (aka: World of Pole) and Pole Addiction were founding members of A Pole Lot Of Fun and helped define the Pole Party. Research with trainers, doctors, various athletes and dancers created moves that were proven safe for all sizes and abilities.

In a very short time ladies wanted more from their pole dancing experience. Pole Addiction and Pole Dance Factory were born creating full pole dance classes that not just taught pole moves but defined upper body building, toning, abdominal strength and a total mind & body fitness regimen.

"World of Pole" offers all Pole Dance Factory classes, sessions and regimens including Strength/Flexibility, Pole-n-Tone, Pole-n-Sculpt, Pole-n-Burn and Polahoops. World of Pole is the areas first alternative fitness studio, also offering Zumba, Glide-n-Tone, Polga, Booty Camp, Booty Blast, Commando and many more coming soon.

"Pole Addiction" offers full courses from beginner to extreme advanced.....