



## Workshop pole dancing - Information

Great that you are interested in a workshop from WSPV Allegra! We are enthusiastic to give you a fun and challenging (first) training in pole dancing. Pole dancing is a great combination of strength, flexibility and coordination and for that reason a nice sports to improve your body and skills. For a workshop there are a few things that are good to know and some rules we'd like you to follow, to make sure the workshop will be without problems and fun for all.

### What

A workshop always consists of a proper warming up, followed by some spins. After that, other tricks that require more grip or strength will be taught. According to the preferences of the participants, the training can also be more focused on a small choreography or made more challenging for men. At the end of the training a cooling down will be done, to prevent injuries or stiffness. We have 6 dancepoles, and 3 people per pole is most suitable for a workshop. We'd advise you to take a longer workshop if your group consist of more than 18 people.

### Clothing

For pole dancing you need the grip of your skin and therefore we advise to wear shorts and no shoes. We also want to ask you to not use hand crème, body lotion or other slippery products, because it will reduce grip on the pole.

### Rules

- Respect the rules of the Bongerd and the teacher
- Don't do tricks the teacher has not shown yet, this is for your own safety
- In the sports hall it is not allowed to drink or bring alcohol
- Make sure that you did not drink alcohol prior to the workshop

### Costs

A workshop organised by Allegra costs €5,- per participant per hour with a minimum of €50,- per hour. Our workshops are suitable for groups of maximum 24 persons. It is ideal to have a workshop of one and a half hour, so you will have enough time for pole dancing. Of course it is possible to organise a longer workshop, for example if you have a group over 18 persons.

If not all participants have sports rights at the Bongerd an extra €17.50,- per hour will be charged for the use of the room and materials from the Bongerd.

In case of questions, feel free to send an e-mail to [allegra.paaldansen@wur.nl](mailto:allegra.paaldansen@wur.nl).