

OMEGA

Rhinebeck, New York

Pre-flying checklist, for participating on the flying trapeze:

* When flying on the trapeze you will need to have socks on your feet. What's important here is that your feet are covered, and we keep our trapeze bars clean. Sneakers are too bulky.

* It is important to keep your socks clean. Therefore, having sneakers, clogs, or sandals to slip your feet in after coming off the trapeze, will allow you to walk around without dirtying your socks, which is important for keeping the trapeze bars free of dirt.

* Tight-fitting clothing that covers the legs is the best choice for your first trapeze class. Therefore, "tights" or "over the knee, yoga-pants, stretchy-running-type-pants", or other leg-covering tight-fitting pants, are preferred. In fact, Jules Leotard, who invented the "leotard", is also the inventor of trapeze in the late 1850's.

* Shorts are acceptable -- but, we'll be hanging on the bar by our knees initially. For many people covering the legs helps with any discomfort. Stretchy, "biking-shorts" are good too. Do not wear loose or baggy clothing.

* Keep your hands clean while you fly. If your hands have lotion-residue of some sort, it will make your grip and the others that follow you, a little more slippery. Hence, wash your hands after touching anything that may be "greasy". Also, cut your fingernails.

* While flying, you must be free of bracelets, watches, rings, hanging or loop earrings. While belly-piercings are not a good idea in general for trapeze, they can be managed by just putting a piece of athletic tape.

* Sunglasses/prescription glasses may be worn if they are plastic, durable, and pulled-tightly to your head with some kind of elastic strap.

If you have any questions, please feel free to contact Omega Reservations at 877-944-2002.

Sincerely,
The Omega Staff
The Trapeze Experience™ Team

Awakening the Best in the Human Spirit

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Flying Trapeze Physical Capability and Suggested Conditioning Notice

Physical Capability: Participating on the flying trapeze does require physical exertion, not unlike other activities such as horseback riding, skiing, canoeing, softball, soccer, and aerobic classes, for example. Using your *personal criteria, which includes the possibility of your consulting with a physician*, you will need to decide for yourself that you are prepared for this type of activity. If you are exercising to some degree, you usually are prepared enough to participate and enjoy the trapeze as a beginner. *Please see: Most Frequently Asked Questions*

Pre-Workshop Training Program:

In the past, participants have asked, *“What exercises should I do to get ready?”* Listed below are exercises which will have your body prepared for the work. Though this course is primarily experiential, there will be plenty of “fly-time” available. Therefore, *it is **highly recommended and useful, that you prepare and manage your hands and body.*** Give yourself at least three weeks of preparation, if possible. And, fear not. Trust. Have faith.

Workout:

1. Chest pull-ups (pull-ups with head back, bringing bar to chest) – 20%
2. Abs (stomach...Oooh, real important) – 20%
3. Shoulders – 20%
4. Stretching – 20%
5. Cardiovascular – 20%

Percentages above are of total workout.

6. Hands – another 100% -- even if you’re bringing grips! For example, lifting weights without gloves, in order to “toughen-up” the hands, is a good idea, as participants are unaccustomed to trapeze, and tend to develop “hot-hands” that may result in a “rip”. The good news is, maybe one in twenty will develop a “rip”. At the beginning of the workshop, we will go over how to take care of the hands.

Yoga and/or Pilates are an excellent preparation choice, also.

Workout Schedule (minimums):

First week – 3 days, 60-minute workout is suggested

Second week – 3 days, 90-minute workout is suggested

Third week – 4 days, 90-minute workout is suggested

Note: The above-mentioned targeted-training and schedule are suggestions, courteously supplied. They are intended to give you a template, from which each individual should customize. The actual workout and workout exercises are up to you (and your physician if you need his or her advice). Just do your best. Mostly trapeze is initially “mental” more than physical. You can make up for any lack of physical preparedness with more “focus” and “attitude”.

Regards,

The Trapeze-Experience™ Team

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Frequently Asked Questions

Is trapeze safe? Surprise, the Flying Trapeze is actually safer than the uninitiated realize. Originally, the circus advertising-departments “positioned it in the Public’s experience”, by marketing “the trapeze”, as, “dangerous” -- obviously, to sell more tickets -- but, if that were true, then how did the performers ever practice? Though there are inherent-risks, as is true with every activity (baseball, football, jogging, bicycling, horseback-riding, etc.), the flying trapeze has a better safety-record than all of them! Many of you have seen “rock-climbing walls”, which have their participants hooked-up with one safety-line to their harness -- that’s called a “single-belay”. With the flying trapeze, we use a “single”-belay for the ladder-climb to the platform, and a “double-belay” (an attachment at both sides of the safety-belt) for the flying -- plus, there’s a safety-net!

Do I need any “athletic-ability”? No, you’ve done “hanging around” before in your life -- here, it’s on purpose, and turned into powerful lessons of creativity and generativeness. (Even the “jocks” get it.)

Will my arms get ripped from my body? No, they won’t. Thanks to gravity, the swinging is quite effortless; and due to the physics-principles of pendulums, the swing-momentum actually reduces the load on the arms and shoulders.

Will I “pull” something? You might. But then, anybody might “pull” something getting-in or -out of a car. Actually, the question is, “Will I feel soreness afterward?” Maybe. It depends on what kind of shape you’re in, and how much you typically exercise -- that’s why we do “stretching”-exercises during the warm-up.

Is there anyone who physically can’t, or shouldn’t, do this? When that’s the case, the reason is usually obvious. If you’re uncertain, call us.

Will I get laughed at? You might, but not by any of our staff. Having done this with some 30,000 people for Club Med Resorts, TE-workshops, and other events, we’ve seen people of all ages, sizes, and shapes, progress to a “catch”, at various paces. Very quickly, everyone comes to realize that “comparison” is impossible and irrelevant -- everyone is pushing their own boundaries. “Looking bad”, is not possible here. Actually, everyone soon begins cheering and supporting each other -- this is fun!

Will I end up discovering that I’m much more capable and terrific than I thought I was? You might, everyone else seems to leave with that realization. You likely will even tap into possibilities for yourself and your future that are actually very exciting. Come find out why we’ve received so many “thank you”-letters from so many participants who now call us “friend”.

Best regards,
The Trapeze-Experience™ Team

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