

Sun City West Yoga Club

DOCUMENT TYPE	POLICY	DOCUMENT ID	012	REVISION	000
ISSUE DATE	01 JAN 2020	EFFECTIVE DATE	01 JAN 2020		
FUNCTIONAL AREA	CLASSES				

CLASS CAPABILITY LEVELS

A. PURPOSE

This policy defines the capability levels that are to be assigned to each SCW Yoga Club class prior to its appearance on the Club's schedule.

B. SCOPE AND APPLICABILITY

All classes are in scope for this policy.

C. ASSOCIATED DOCUMENTS AND REFERENCES

SCW Yoga Club Policy - 001 - Member Safety and Well-Being

SCW Yoga Club Policy - 003 - Classes Will Be Taught Only by Qualified Instructors

SCW Yoga Club Policy - 006 - Minimum Age Requirement

SCW Yoga Club Policy - 007 - Guest Policy

SCW Yoga Club Policy - 008 - Class Size Limit

D. DEFINITIONS

TERM	DEFINITION
Club Member	A Sun City West resident in good standing with the Recreation Centers of Sun City West and a holder of a valid Recreation Card, who has paid the current SCW Yoga Club fee.
Resident Non-Member	A Sun City West resident in good standing with the Recreation Centers of Sun City West who comes to a SCW Yoga Club class or event with the intention of trying out that class or event before deciding to become a member of the Club.
Resident Guest	A Sun City West resident in good standing with the Recreation Centers of Sun City West who is not a member of the SCW Yoga Club but comes to a class or event accompanied by a Club Member.
Non-Resident Guest	A non-resident of Sun City West who cannot become a member of the Club but comes to a class or event accompanied by a Club Member.

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E. DESCRIPTION

SCW Yoga Club yoga class experience level descriptions exist to assist appropriate class selection for new and existing members. They are to be used by members and potential members to find classes that they believe align with their experience level and desire to continue or expand their yoga practice.

Level Descriptions are not meant to be hard and fast rules. They are meant to provide the reader with class direction and context so that the reader can make an informed decision to find an appropriate yoga experience. For this reason, the criteria for each class are given as recommendations and suggestions. Hard and fast requirements (e.g., the ability to get up from, and down to, a mat on the floor) will be marked as such.

These Level Descriptions are meant only for use in SCW Yoga Club classes and may or may not align with descriptions or rules outside of the Club. Our membership fits a specific demographic, so the Level Descriptions are presented with them in mind.

The SCW Yoga Club class Level Descriptions should demonstrate perceptible differences between levels so that readers understand the distinctions between the levels. The goal is not to exclude people from any level but to make them aware of the level differences so that they may find a class in which they are comfortable, or which will challenge them.

Level Descriptions can be used by instructors to tailor their classes knowing that there are minimum expectations of which the participants are aware coming into a class. Again, the expectations are not hard and fast, but an instructor can have a reasonable expectation that the range of student capabilities is narrower than if the Level Descriptions had not been published.

Level Descriptions describe levels of yoga mastery and are composed of different attributes to help a participant select an appropriate yoga class:

- Level name (e.g., Introductory, Beginner, Intermediate, Advanced)
- Intensity (e.g., slow vs. fast, aerobic vs. less aerobic)
- Prior yoga experience
- Physical requirements (e.g., ability to get up and down, to and from, the floor)
- Differences from, or additions to, the next lowest rated class

The Level Descriptions are stated in a narrative form rather than in a bulleted or check-list format.

Yoga is a powerful tool in relieving stress and aids in musculoskeletal strength. Stretching, deep breathing, and toning boosts energy levels and benefits circulation and flexibility. The following Levels are used by the SCW Yoga Club:

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- Introductory
- Beginner
- Beginner/Intermediate
- Intermediate
- Intermediate/Advanced
- Advanced
- All Levels

Safety is a guiding principle for SCW Yoga Club classes and is expected of participant and instructor at every level. Each participant is responsible for his/her own practice; they are encouraged to challenge themselves in a healthy manner but not put themselves at risk attempting to perform poses that are beyond their own capabilities.

1. Level: Introductory

For the student new to yoga and for those seeking continued understanding of basic poses. This class will teach participants proper alignment, breathing techniques, and the use of props to build confidence in postures. Participants will learn how to get in and out of each pose, as well as modifications to address physical limitations. Emphasis is placed on student understanding, safety, and stability within each pose. Classes are slow paced with hands-on adjustments offered by the instructor as needed. The ability to get down to, and up from, the floor is required.

2. Level: Beginner

Designed for participants who have had some exposure to yoga or Pilates, including an introduction to basic poses and proper alignment. Participants are usually seeking to explore their practice and begin to become more familiar with poses and the use of breath. Classes are slow to moderately paced with hands-on adjustments offered by the instructor as needed. The ability to get down to, and up from, the floor is required.

3. Level: Beginner/Intermediate

These more challenging classes continue to build on fundamental Beginner poses and will require a bit more strength, flexibility, and balance. Classes assume some prior yoga or Pilates knowledge and prior experience. Classes generally have a flow and rhythm, are moderately paced, and are more challenging than introductory classes. Hands-on adjustments may be offered by the instructor as needed. The ability to get down to, and up from, the floor is required.

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4. Level: Intermediate

Intermediate classes are designed for those with a good understanding of basic postures and have begun to explore a wider variety of poses and styles. Participants understand the relationship between breath and movement. Poses are generally held longer and may introduce poses that require moderate strength or stamina. Classes generally have a flow and rhythm to encourage the evolution of one’s practice. Intermediate classes are generally aerobic and vigorous; participants should expect to work up a sweat. The ability to get down to, and up from, the floor is required.

5. Level: Intermediate/Advanced

Designed for the more experienced yogi who needs no demonstration of fundamental poses. These classes will consist mostly of challenging poses and will move at a modest to vigorous pace, so sweating will be unavoidable. These classes are appropriate for the self-directed participant with many years of experience who is seeking a higher level of challenge. A high degree of strength, flexibility, and stamina will be required. The ability to get down to, and up from, the floor is required.

6. Level: Advanced

Designed for an experienced yogi who needs no demonstration of fundamental poses. These classes will consist mostly of challenging poses and will move at a vigorous pace, so sweating will be unavoidable. These classes are appropriate for the healthy, self-directed participant with many years of yoga and fitness experience who is seeking an even higher level of challenge. A high degree of strength, flexibility, and stamina is required. The ability to get down to, and up from, the floor is required.

7. All Levels

Designed for participants of varying experience and ability. Knowledge of basic poses is desirable but not a requirement. Special props (e.g., foam roller) may be required; check with the instructor at your first class. The ability to get down to, and up from, the floor *may* be required.

8. Chair Yoga

Chair Yoga combines mind, body, and spirit using a chair as a prop. The chair assists in alternating yoga postures from standing to sitting. A yoga mat is used to keep the chair in place; a second chair “raises the floor,” allowing participants to extend their legs. Mudras

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enhance the yoga experience, as does three minutes of relaxing breath work and meditation at the end of class. Getting down to, and up from, the floor is *not* required.

9. Pilates

Pilates is a method of exercise that consists of low-impact flexibility, muscular strength, and endurance movements. Mat Pilates involves performing Pilates exercises on the floor using a Pilates, or yoga mat. Mat Pilates exercises are performed in a slow, controlled, precise manner and require an intense concentration. These exercises help strengthen the body's core by developing pelvic and scapula stability, and abdominal control, using focused breathing patterns. The main fitness goals of a mat Pilates program include improved flexibility, muscle tone, body balance, spinal support, low back health, sports performance, and body-mind awareness. The ability to get down to, and up from, the floor is required.

F. ENFORCEMENT

Assessment of readiness to participate in classes at certain levels will not be policed by the Club but will be self-assessed by the participant. Instructors may recommend or suggest pose modifications, alternate poses, or participation in other classes if the candidate is perceived to be struggling or capable beyond the class level. Participants may be requested to attend other classes or discontinue participation in a class if they are deemed to be at risk of injuring themselves or others in the class. Standard SCW Yoga Club procedures will be followed in these instances.

G. EXCEPTIONS

N/A

H. CHANGE HISTORY

VERSION	CHANGE
001	New

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I. APPROVALS

ROLE	NAME
President	Jack Leary
Vice President	Vikki Erla
Treasurer	Vicky Frank
Secretary	Ann Johnson

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