



# S U R V I V A L   G U I D E

Dear participants,

We're super excited about our second annual Snow Flow Festival & that you all are attending! The following document is meant as a guide to provide you with all the information you'll need to have a successful weekend here in Louisville. If there's any questions or area's that I've omitted, please feel free to contact me.

Safe Travels this weekend!  
In peace & flow ~  
Rebecca - Events Coordinator

## Location/Contact Information

The Snow Flow Festival will take place on February 3rd - 5th, at the American Turners Gym, located at 3125 River Road, Louisville, KY 40207 AND Competitive Edge Gymnastics Center, 2604 River Green Circle (directly off River Road, .07 tenths of a mile from Turners drive way) Louisville, Ky 40206. **Please refer to the Map on the website (<http://www.snowflowfest.com/directions>) .**



[View Snow Flow Fest Map in a larger map](#)

The drive way to Turners is somewhat hidden, so you must look for it. You will see Softball fields and a Large Metal Building on Pillions. If you are coming from I-71, the hotel or downtown, Turners will be the next drive way on the left after you pass **King Fish Restaurant**. This is about 1/2 block from the River Road exit of the Ramada Hotel.

Parking is available on site, in the gravel area and some closer to the buildings. Please Do not go down the road by the cabins on the right, it dead ends and is a private drive.

If you get lost, you can call me. My Cell is 502.417.2796. I will attempt to have people manning my phone throughout the day.

## Friday Night 2/3/2012

### Check-IN

Check in will begin at 5:00 pm in the Turners Lounge. When you arrive at Turners, you will see a white Cinder block building with staircases going to the second level. This is where you should come in. All participants should come in via the lounge, not from the door underneath the gym building. There will be somebody there between 5:00 pm and Midnight.

When you arrive you can pick up your tickets for the weekend and your party passes. If you need to purchase additional party passes or classes you can do so from the main table in the lounge.

What would help us greatly is if *prior* to coming, you please go to the website and print/download & fill out the waiver of release form ([http://www.snowflowfest.com/wp-content/uploads/2012/01/SnowFlow\\_Waiver\\_1012.pdf](http://www.snowflowfest.com/wp-content/uploads/2012/01/SnowFlow_Waiver_1012.pdf)). This will speed up the check in process dramatically.

We have several classes throughout Friday evening. Please do not go up to the class area's until 15 minutes before classes start.

There will be a Snow Flow Meet and Greet in the **Lounge** starting at 10:00 pm. If you're coming in Friday night but are not schedule for a class, please come by after getting settled in your hotel. You can pick up your passes at any time. The lounge will be reasonably priced drinks, so after a long drive, come over and relax and get familiar with the place.

Friday night, we will also host a virgin burn for those who've attended the fire safety classes. Please see the note at the bottom about Fire Spinning regulations.

## Saturday 2/4/2012

### Check-IN

Check in will be located on the second level "Turners Lounge" start at 8:20 am.

I would strongly suggest that people arrive at least 30 minutes prior to their scheduled class. There will be a registration list at the door, for those of you who have purchased tickets. As a heads up, the first class of the morning, we have a lot of people to check in. I know it's early, so I will have fresh Red Hot Roasters Organic coffee brewing and our Instructors who are vending will be setting up. Come on over grab a cup and let the fun begin!

## The Lounge

The **Lounge at Turners** will be our social area during the day time, when not in class. Instructors who are vending will be setup inside, if it's cold, we will have a warm fire going though out the day and it's a perfect area to socialize and relax. The bar will open at noon and will be serving drinks & food. They will be serving a grilled cheese and Chili or Grilled Cheese and Trader Joe's Organic Roasted Pepper and Tomato soup for \$5.00, along with a limited number of other items. If you have special dietary needs, feel free to bring your own meals. The bar is extremely reasonable & we're so thankful that they've opened up for us early to keep everyone hydrated and nourished.

There will be bottles of water for sale at Competitive Edge Gymnastic Center, but no other snacks. We encourage you to come back to Turners if you don't have additional classes at Competitive Edge as they're not really a hang out area there.

## Workshops

At **Turners**, will be held on the third floor of the gym, which is accessible by stairs or an elevator from the lounge. Workshops will begin at their scheduled time and must end at their scheduled time. ( We're on a very tight schedule). I know it's tempting wanting to ask the instructors questions or give feedback, etc., however there is only a 15 minute change over between classes. Please be considerate of *all* workshop participants, by directly leaving the gym and moving to the lounge area. So that the next class can come in and get going. I promise the instructors will come down to the area directly and will be more than happy to answer questions or socialize there.

### Competitive Edge Classes --

There will be a check-in table at Competitive Edge to answer questions and such, but there's not really a social area over there. If you're going to have a few hours in between classes on Saturday, please consider coming over to Turners Lounge and hanging out with us. There will be water for sale over there but no other refreshments.

SNOW FLOW SHOWCASE AND FORMAL -- Doors open at 8:00 pm Show at 8:30.  
The Flow Formal will begin approximately 10:00 pm, Please see section below for more details.

## Sunday 2/5/2012

## **ALL CLASSES WILL BE AT COMPETITIVE EDGE Gymnastics Center!**

**Turners is the home of the American Turners Youth Circus, and Sunday is a huge practice day for them.** Therefore there will be no activities on the Turners Property.

10:00 -10:45 AM We will have a FREE Restorative Yoga for Flow Artist Class which is open to all participants and their guest (if they brought them). Angie Wilson will be leading this class and it's our way of saying Thank you! We recognize that your body's going to be tired and that weekends like these are jam packed with activities, so come stretch and ground yourself before we start the last day of this weekend or before you head home.

Classes resume at 11 am - 4:00 pm at Competitive edge.

## **What to Wear**

There are several considerations:

- \* The gym by nature of it's size is pretty cool inside. *I would suggest layering.*
- \* The second consideration is the workshops themselves. Please refer to the classes particular notes on the website to see if there are any special requirements.
- \*In general, comfortable aerobic/dance attire is appropriate. For most of the hoop classes, cotton & exposed skin on the arms is preferred. *Why?* Spandex like materials are sometimes very slick and can be troublesome for beginning hoopers. (*This is a guideline, not a requirement*)
- \*IF you are attending the fire safety workshop and you plan to go outside and light up for the first time, make sure you are in all natural fibers (cotton, silk, denim, leather, etc).
- \*For bellydancing, it's always best to wear loose comfortable close and a Hip Belt if you have one.
- \*For Aerial classes, natural fibers, I would suggest capri pants and short sleeve shirts, especially for Aerial silks.
- \*

## **What to Bring?**

Again, please refer to your individual class requirements on the website but some obvious things are:

- \* Your *flow tools*, water (a reusable water bottle), yoga mats for stretching, a notebook or journal.
- \* Fire tools, if you're going to participate in the fire safety workshop and/or for outside performance during the Snow Flow Formal.
- \* If you have special dietary needs, you will want to bring your own food.

- \* Camera's, business cards to share, etc.
- \* You're funkiest Flow Wear Attire for the Formal later that evening.
- \* Cash! :) We have some cool vendors who will have some awesome products for you to take home.

## What to leave at the home/hotel

Well this list is really short. No alcoholic beverages will be permitted on site besides that which is served in the lounge. This is a flow fest, which by nature is a *creative space*, egos can be left at home. We promise they'll be there when you return. :)

## Schedule of Workshops

Please see the PDF schedule of events - Things may change yet. There will be schedules posted at both gym. <http://www.snowflowfest.com/wp-content/uploads/2011/01/SFF20121.pdf>

## SNOW FLOW Showcase and Flow Formal

The *Snow Flow Showcase and Formal flow fest* is open to the public and all participants. The doors open 8:00 pm in the upstairs gym at Turners. The showcase will last approximately 45 - 1 hours. Then guest will be asked to move to the lounge while we clear the stage and get ready to party!

The Flow Fest will resume at 10:00 and goes through Midnight. Invite your friends & family, it's going to be a fun event. Tickets will be for sale through out the day or upstairs if you don't have one already. Individuals who purchased a 3, 6, or 9 class pass will have a bracelet included in their tickets. All participants must wear their wrist band that are provided during the formal.

**If you plan on having a beverage or two, please have your official id on you.** If you do not, you will not be served. Also, please drink responsibly. **If for any reason you're too spirited to drive, we will find other means of transportation for you.** Simply inform one of the instructors or organizers of the event!

Additionally, please help our spaces stay clean. There are youth circus classes the next day, so please use provided trash cans for cups etc. Because we have to clear the gym for the next day, we ask everybody to please clear the party area at Midnight. You don't have to leave, simply make your way downstairs to the lounge.

**Snow Flow Formal Wear ~**

**This makes me giggle! I've had so many questions about this!**

Wear your funkiest, hooper, burner, non-mundane attire! The glowier, the funkier, the better. Trust me with this crowd, you'll feel out of place with jeans and a tee shirt!

## **Fire Performances @ night**

**Rebecca Hellemans, Chris Lu, Jessie Eckles, Chad Balster, Melissa Rounds &/or Grimm Zimmer** must be present at all times fire is performed and will only be allowed in the designated area.

There will be some set times through out the night that this will be allowed on the concrete patio outside of the lounge.

**Please be advised that if we deem for any reason, that it is unsafe for you, for us or for the venue, fire will not be allowed. We reserve the right to stop any and all fire spinning. This will be strictly enforced.**

Following this schedule and considerations everybody will have a great time this year!

We are SOOOO excited! Again, please feel free to drop me a line if you should have additional questions.

In peace and flow,  
Rebecca, Snow Flow Instructors, and Organizers!