



Photo credit: Julie
Howden

Annual Survey Report

2025

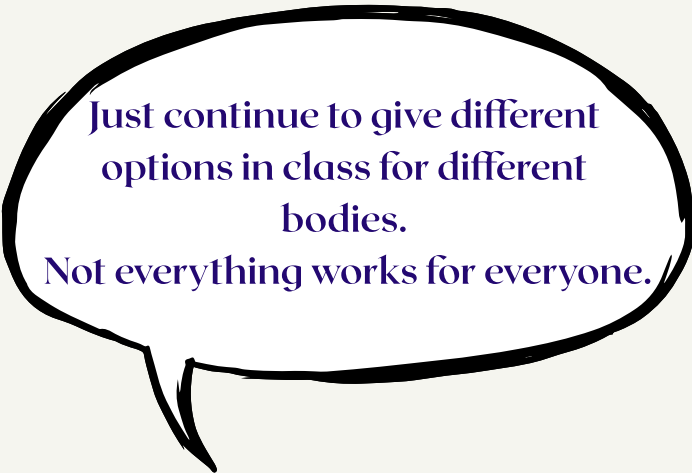
All or Nothing
Aerial Dance
Theatre



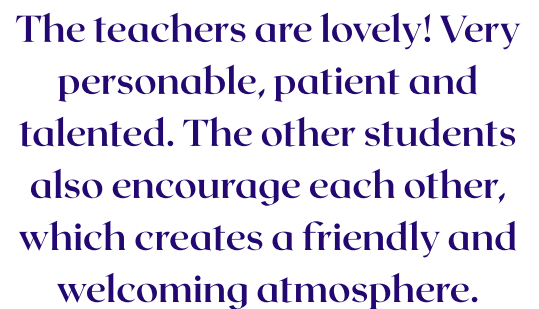
The 2025 Annual Survey

We sent out our annual survey in May 2025 to 340 students and parents of students who attend regular classes at Out of the Blue Drill Hall in Leith, The Dunblane Centre, Dance Base in Edinburgh, UGym in Tillicoultry and the Scout Hall in Livingston. We asked questions about participants, to get a better understanding of who we are reaching, and about what they think of classes, so that we can continually improve the experience for everyone.


We received 80 responses (a 24% return rate) and have summarised the key findings in this report.



Just continue to give different options in class for different bodies.
Not everything works for everyone.



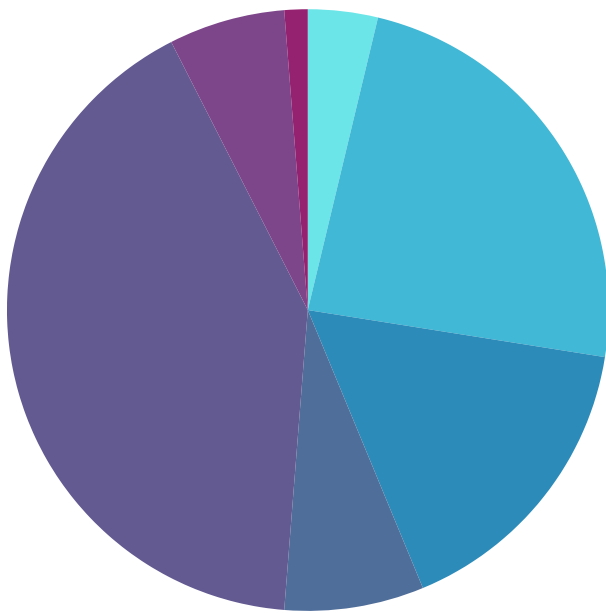
The teachers are lovely! Very personable, patient and talented. The other students also encourage each other, which creates a friendly and welcoming atmosphere.



The staff are amazing each week and clearly strive to nurture and create an environment where the girls feel safe to take risks and try new things.

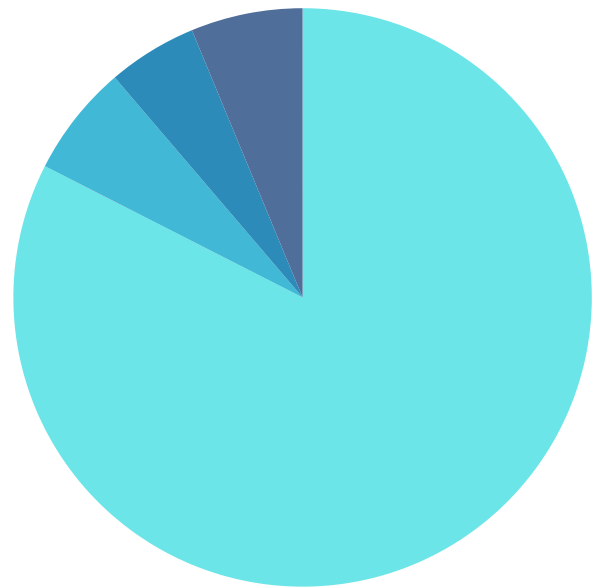
Our students - background

5-7 8-12 13-18 18-25
26-44 45-65 Over 65



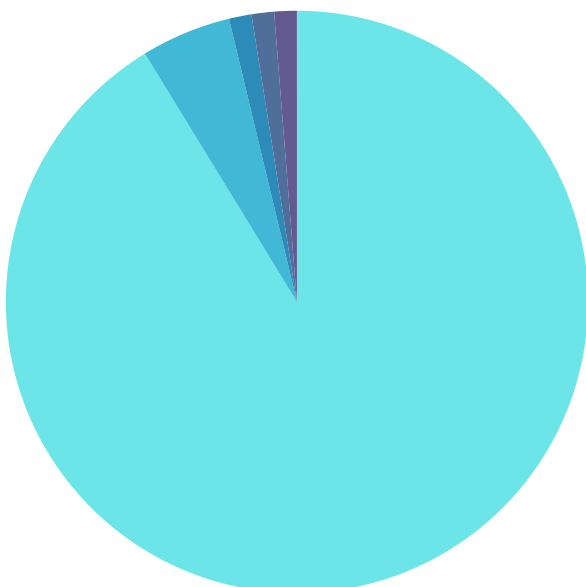
Age

Female Male Non binary
Prefer not to say



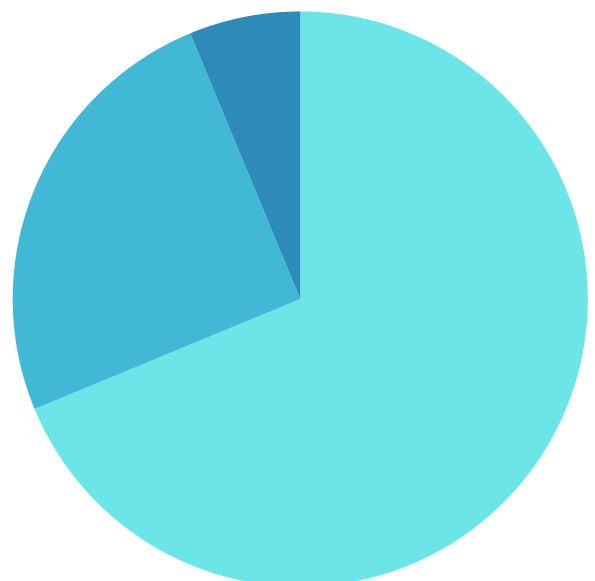
Gender

White Mixed or multiple ethnic groups
Asian Caribbean or Black
Prefer not to say



Ethnicity

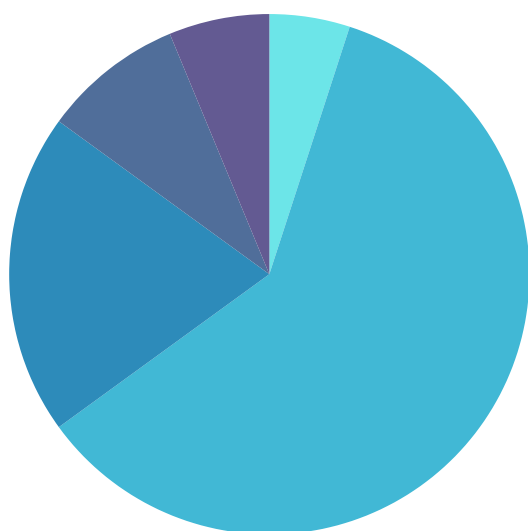
No Yes Prefer not to say



Mental or physical health issue

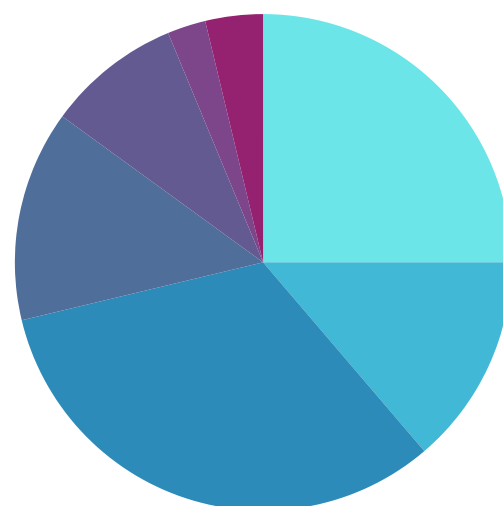
Our students - their classes

● Dance Base ● Out of the Blue
● Dunblane ● Livingston ● Tillicoultry



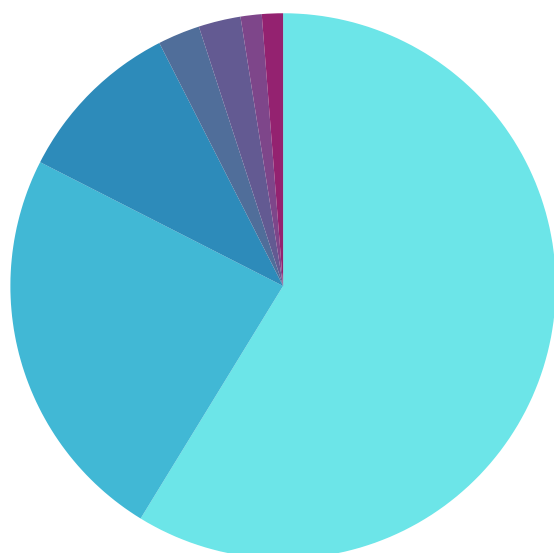
Where do you go to class?

● AoN website ● Venue ● Word of mouth
● Social media ● Astro ● Web search
● Can't remember



How did you hear about us?

● To learn a new skill ● To have fun
● To improve fitness
● To meet new people and make friends
● To improve confidence ● To confront fears
● All of the above



Your main reason for coming?

100%

Yes

Did you achieve this?

How do aerial classes make you feel?



[I most enjoy] learning the aerial skills and feeling like I'm getting better at something that's actually really hard.

Learning a new skills in a welcoming and encouraging environment, my experience with all the teachers I've worked with has been incredibly positive and it's become something I consistently look forward to every week.

[I most enjoy] learning new skills, improving fitness and socialising with some wonderful people.

Sometimes I feel discouraged because I make progress more slower than other members of the class, but the class and teachers are always supportive which helps.

Learning points

The late evening classes at Out of the Blue are an issue for some of our adult students who find it very tiring at the end of a long day. We have already looked at scheduling earlier classes but there are currently no slots available in the studio, due to other regular users, but we will keep trying.

There were some comments about class pace and questions about specific skills being taught, so these will be reviewed to see what changes could be made to relevant lesson plans.

Another issue raised at Out of the Blue was the temperature in the studio and we will install a new fan to address this.

An interesting suggestion was to introduce an absolute beginners class, so that people new to aerial can have a few weeks learning the absolute basics without being in a class with people who have already done one or two terms.

While this idea has merit, we have scheduling issues at all our venues which would make it impossible to book space for additional sessions like this. We will, however, consider if any changes are needed to our Beginners classes to ensure we are supporting everyone at the right level.

Conditioning received quite a lot of feedback! Comments were mostly tongue in cheek and people clearly realise how important it is in making progression in their aerial journey. And we have taken onboard all the ideas for making conditioning as enjoyable as possible.

There were a few comments about access to specific equipment, such as having a higher trapeze, and we will do what we can to meet these requests.

We received feedback asking us to share the results of our surveys and we hope that this report is a good way of doing that. Do let us know what you think!

It's also worth saying that we do provide people with the option to share their contact details on the survey form if they want an individual response to a specific point.

Someone else suggested we could encourage more people to give aerial a go if we had FAQs and case studies online. An excellent idea we will look at when our new Marketing Officer post is appointed!