ACADEMY OF MOVEMENT LTD 2026/2027



UNIQUE CLASSES IN:

AERIAL | GYMNASTICS | CIRCUS

WWW.ACADEMYOFMOVEMENT.CO.UK


LET'S
DO
THIS

INTRODUCTION

ACADEMY OF MOVEMENT

WELCOME,

We are delighted to welcome you to Academy Of Movement, its an exciting time when a child joins a new club, we look forward to beginning this journey with you and we can't wait for you and your child to experience all that we offer at AOM. This handy little handbook will tell you all you need to know about our classes, rules, showcases, uniform and much more. Of course if you have any questions please do not hesitate to ask.

OUR VISION,

Our vision is simple, we want to get people of all ages moving in new, unique and exciting ways.

You are now part of the Academy Of Movement community, our experienced and qualified staff are dedicated to go above and beyond to make each student feel at ease, encouraged and provide the best training within all disciplines of Circus, Gymnastics and Aerial.

'Let's get everybody moving!'

Affiliated with:

Prince's Trust

insure4sport®

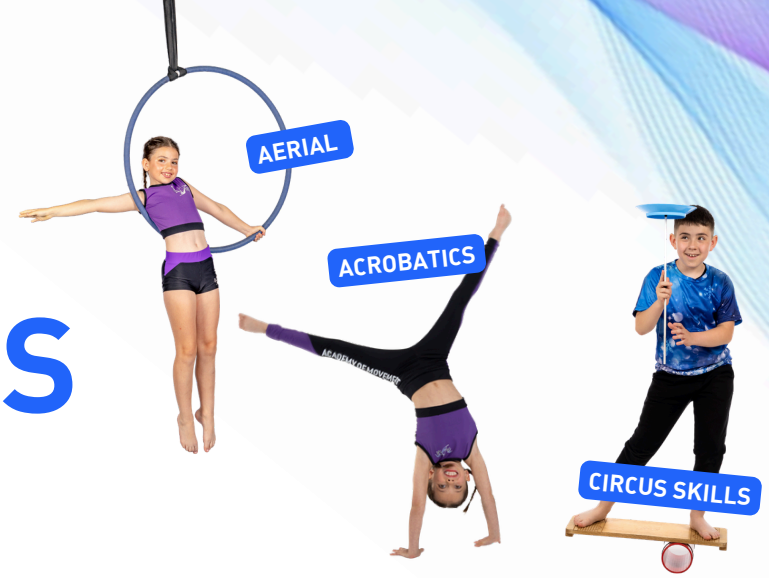
Children's Activities Association
Giving Parents Peace of Mind

spin city AERIAL FITNESS INSTRUCTOR TRAINING

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CIRCUS CLASSES



CIRCUS

(AERIAL, ACROBATICS AND CIRCUS SKILLS)

Roll up! Roll up! Our Circus class offers a wide range of different Circus activities all in one fun, jam packed class. Our Circus Class is ideal for anyone starting out or wanting to experience all we have at AOM! We cover all three key disciplines: Acrobatics, Aerial, and Circus Skills in one class!.

Acrobatics - Learn tumbling, cartwheels, flips, and more on our air track and trampoline.

Aerial - Focus on a different apparatus each week: Aerial Hoop, Sling, Silks, and Trapeze.

Circus Skills - Try a variety of equipment like tightrope walking, Rolla Bolla, diablo, juggling, and more.

At Academy of Movement, your child will build strength, balance, and coordination, while boosting self-confidence and making new friends—all in a fun, dynamic environment!

GROUND BASED CIRCUS

(NO AERIAL OR ACROBATICS)



All of our hands on circus skills, juggling, poi, diabolo, flower sticks, plate spinning plus stilt walking, unicycle, tightrope walking, globe walking, rolla bola, and much more!

This class is suitable for children looking to take their Circus Skills further or learn new ones. We break each class down into 2/3 skills and always include one large skill within the class e.g. stilt walking.

If you want to learn some incredibly cool tricks, then this is the class for you!

GYMNASTICS CLASSES



TUMBLING

This class is designed specifically for children to learn gymnastics tumbling tricks. We focus on creating powerful and dynamic moves such as flips and somersaults, with the aim of linking these elements together to create tumbles! The main focus of our sessions will be tumbling on the air track or trampoline (DMT).
Our gymnastics classes are built with the goal of performing these tricks and flips on stage and in displays. Therefore, they encourage more creativity, teamwork, and showmanship than traditional competitive gymnastics.

ACRO (HAND BALANCE AND CONTORTION)



Our Acro classes combine hand balancing, contortion and gymnastics floor work to develop strong, flexible and confident performers. Students work on skills such as handstands, bridges, walkovers, balances, splits, aerials and more, while developing the strength, flexibility, control and technique needed to progress safely.
From beautiful hand-balancing shapes on canes, plus impressive contortion and floor skills, Acro is perfect for students who love learning new tricks and pushing their abilities!

AERIAL CLASSES



AERIAL HOOP

Aerial Hoop is large round metal ring suspended from a rig that involves sitting, standing and hanging in all kinds of elegant and wonderful positions. Our aerial hoop classes are a great physical and mental challenge, each class will build strength and flexibility, classes will also increase confidence all whilst having fun.
Each class starts with a warm up and conditioning / strength exercises, followed by learning tricks, poses and combinations.

AERIAL SLINGS

Aerial Slings are large loops of silks hung in a hammock shape. This class is a great way to start on aerial fabric, the slings provide excellent support whilst focusing on learning different ways to mount the sling, the positions, wraps and drops.
Like all aerial fitness this class will increase strength and flexibility whilst improving posture and stability.

AERIAL SILKS

Aerial Silks involves two pieces of fabric hung from the rig. Our silks classes are a great add on to slings, aerial silks are seen as one of the most challenging aerial art forms.
Each class will have your child learning to climb and manoeuvre around the silks, learning tricks, poses, transitions and eventually even jaw dropping drops!

Mixed Aerial

Our Mixed Aerial classes offer the chance to train on a variety of apparatus, including **Aerial hoop, trapeze and sling.** We run sessions for both Beginners–Level 3 and Level 3+, creating a supportive space for those starting their aerial journey as well as a challenge for more experienced students. With a focus on building strength, confidence and creativity, these classes give everyone the opportunity to progress at their own pace while enjoying the variety and excitement of aerial.

EARLY YEARS



CIRCUS ABC'S
3½ - 5YRS

The perfect introduction to all things Circus. Each week we will be playing Circus games as well as introducing your little ones to an exciting Circus skill. Throughout the term, we will be looking at the first steps towards aerial hoop, aerial slings, acrobatics and hands on Circus equipment such as juggling scarves, spinning poi and diablo. At Academy Of Movement, children will reinforce fine and gross motor skills, improve hand- eye coordination, boost self esteem and social skills as well to instil enthusiasm in the learning process.
Our classes provide a fun gateway into physical education, we keep our Circus Tots class under an hour as this class is without parents its seen as a fantastic way of getting children ready for the next big step into full classes with us.

PARENT & CIRCUS TOTS
2½ - 4½YRS

Join us for a magical Circus adventure with your child! Each week begins with a search for Rory the Lion and a "Big Top" song to reveal the theme, like animals or pirates. The class includes three zones:

- **Circus Skills:** Juggling scarves, spinning poi, balancing bean bags, and parachute play.
- **Aerial Zone**: Aerial hoop, trapeze, slings, tightrope walking, and obstacle courses.
- **Acrobatic Zone**: Jumping, rolling, and themed obstacle courses for fun.

The class ends with a playful "Circus Clown" song and stickers to celebrate the experience, led by an enthusiastic instructor for a memorable time!

Let's look inside the big top, the big top, the big top



GYMNASTICS - HOME ED

An exceptional way to keep your home school child active and moving. These sessions are packed with fun ways to learn recreational tumbling gymnastics and will help build on strength, endurance, agility, balance and flexibility. As well as being a great way to socialise with others and build confidence.

Following our own in house programme of progress charts and learning cards.

PRIVATE CLASSES 1:1

Want to get that gymnastics skill you have been working on? Or nail that new aerial trick you've been trying to achieve. Then why not book in a Private lesson taught by Ben or Jamie. **Simply head to the website and click private classes**





SQUAD CLASSES

Our Squad classes are exclusive training programs for students with the ability, commitment, and attitude to advance their skills. These intensive sessions focus on advanced techniques in disciplines like gymnastics and circus skills, providing opportunities for showcases and events. Students must show proficiency in at least two key areas and undergo an assessment process to join. Ongoing evaluations ensure students maintain high standards in strength, flexibility, and skills. Squad members are expected to demonstrate excellent attendance, work ethic, positivity, commitment, and teamwork, serving as role models within AOM.

DEVELOPMENT SQUAD

Our Development Squad classes are designed for students who have shown dedication, commitment, and a strong work ethic in their training. Entry is by invitation, with students considered once they are attending a minimum of two classes each week. These sessions focus on pushing skills to the next level, encouraging progression, teamwork, and performance opportunities while building the foundations needed for future squad and show work

MULTI-CLASS DISCOUNT

5% OFF if you attend 2 classes

8% OFF if you attend 3 classes

10% OFF if you attend 4 classes

12% OFF if you attend 5 classes

15% OFF if you attend 6+ classes

ADULT CLASSES



ADULT AERIAL HOOP - MONDAYS

Our Adult Aerial Hoop classes cater to all skill levels, from beginners to advanced. Held on Mondays, the schedule is:

- **7:00pm–8:00pm: Beginners / Improvers**
- **8:00pm–9:00pm: Intermediate / Advanced**

Classes focus on mounts, poses, and transitions while enhancing strength, flexibility, and confidence. Each session includes warm-up, conditioning, skill development, and cool down, with progression tailored to individual levels. No prior experience is required for the Beginners / Improvers class.

ADULT AERIAL SILKS - WEDNESDAYS

Our Adult Aerial Silks class is for all abilities to learn the basics of aerial silks, or improve on existing knowledge, no previous experience necessary, this class is suitable for everyone!
We will be learning a variety of climbs, moves and wraps to help build strength and endurance. The class is structured in a way to develop skills in aerial silks safely and effectively.

- **7:00pm–8:00pm: Mixed Levels**

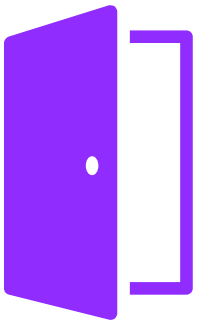
Each class will involve a warm-up, conditioning, a few tricks and moves, finishing with a cool down.

CLASS LOCATION

ALL classes are currently held at:

ACADEMY OF MOVEMENT
1A BOLDERO ROAD
BURY ST EDMUNDS
SUFFOLK
IP32 7BS

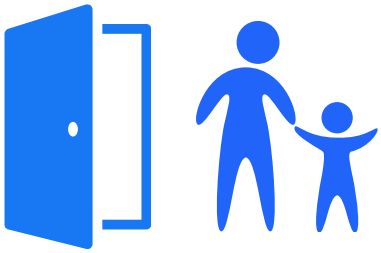
ENTRY AND EXIT OF CLASSES



Entry for all classes is via the front **purple door.**



Please remove all shoes and socks (unless you have grip socks) before class begins and **place them in the designated shoe zone**, inside the wall-mounted sleeves.



Collection will be from the blue side door (soon to be signposted as the “stage door”). For a smooth class changeover, please meet your child at the side of the building as they exit through this door, located opposite the vets.

FINANCIALS

Our subscription model makes it easy to spread term fees into smaller, manageable monthly payments.

All class subscriptions and camp bookings are powered by:

ClassForKids

HOW IT WORKS

Your 37 weeks of classes are spread evenly across 12 monthly payments to make fees more manageable.
Some months have more or less classes than others, and August has no regular classes, but your monthly payment will still be taken.

37 weeks = 12 equal monthly Payments

PAYMENT DATES

Payments are charged on the 1st of each month,
If a payment fails on the 1st, we will automatically retry on the 4th and 9th of the month.

3 ATTEMPTS
1ST → 4TH → 9TH



IF A PAYMENT FAILS

You will receive an email notification from ClassForKids after each unsuccessful payment.
After the second failed attempt, our accounts manager will contact you directly. If the third attempt also fails, you will receive a further email explaining the next steps.

IF A PAYMENT IS STILL NOT RECEIVED

If payment is not received after the third attempt:
A £5 late payment/admin fee will be charged to reset your subscription.
This must be paid before your next class.
If payment is not received, your child's place may cancelled and be offered to the next person on the waiting list.

KEEP YOUR DETAILS UP TO DATE

Subscriptions are not Direct Debits — payments are linked to your registered card.
It is your responsibility to keep your card details up to date within your ClassForKids account.

View and manage your details via:
ClassForKids



CANCEL A SUBSCRIPTION

We require 4 weeks' notice to cancel your subscription.
Please contact us to arrange this - email:

info@academyofmovement.co.uk

You can view all classes and camps you or your child are booked onto through your ClassForKids account.

Manage your classes, all in one place!

www.class4kids.co.uk

AOM
2026 - 2027 TERM DATES

AUTUMN TERM 1

7TH SEPT - 25TH OCT

(HALF TERM 26TH OCT - 1ST NOV)

AUTUMN TERM 2

2RD NOV - 20TH DEC

(CHRISTMAS HOLS 21ST DEC - 10TH JAN)

SPRING TERM 1

11TH JAN - 14TH FEB

(HALF TERM 15TH FEB -21ST FEB)

SPRING TERM 2

22ND FEB - 28TH MARCH

(EASTER HOLS 28TH MARCH - 11TH APRIL)

SUMMER TERM 1

12TH APRIL - 30TH MAY

(HALF TERM 31ST MAY - 6TH JUNE)

SUMMER TERM 2

7TH JUNE - 18TH JULY

AOM
2026 - 2027 TERM DATES



September 2026

Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October 2026

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November 2026

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December 2026

Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January 2027

Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 2027

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March 2027

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2027

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 2027

Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2027

Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July 2027

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August 2027

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Return 6th Sept 2027

Classes on as usual

No classes due to Bank Holiday

No regular classes due to school holidays

AOM
CLASS TIMETABLE SEPT 2026

	MON	TUE	WED	THU	FRI	SAT
9AM				9:30am - 10:15am **Parent & Circus Tots** *2½-4½yrs*		9am - 9:30am **Circus ABC's** *3½-5yrs*
10AM				10:30am - 11:30am **Home Ed Tumbling** Mixed Levels		9:30am - 10:30am **Circus** Mixed Levels
11AM					11am -11:30am Private Lesson Slot	10:30am -11:30am **Mixed Aerial** Beginners - L3 / 10:30am - 11:30am **Tumbling** Beginners - L3
12PM					11:30am -12:00pm Private Lesson Slot	11:30am -12:30pm **Mixed Aerial** Beginners - L3 / 11:30am - 12:30pm **Tumbling** Beginners - L3
1PM						
2PM						
3PM				3pm -3:30pm Private Lesson Slot / 3:30pm -4pm Private Lesson Slot		
4PM	4pm -5pm **Mixed Aerial** Beginners - L3 / 4pm -5pm **Acro** Beginners - L2	4pm - 4:30pm **Circus ABC's** *3½-5yrs*	4pm -5pm **Mixed Aerial** Beginners - L3 / 4pm -5pm **Tumbling** Beginners - L3	4pm - 5pm **Circus** Mixed Levels	4pm -5pm **Mixed Aerial** Beginners - L3 / 4pm -5pm **Tumbling** Beginners - L3	
5PM	5pm -6pm **Aerial Sling** Beginners - L3 / 5pm -6pm **Acro** L3 - L4	4:30pm - 5:30pm **Circus** Mixed Levels	5pm -6pm **Mixed Aerial** L3+ / 5pm -6pm **Tumbling** Beginners - L3	5pm -6pm **Mixed Aerial** Mixed Levels / 5pm -6pm **Circus Skills** Ground Based (8+yrs) Mixed levels		5pm -6:00pm **Circus** Mixed Levels
6PM	6pm - 7pm **Aerial Silks** Beginners - L3 / 6pm -7pm **Acro** L5+	5:30pm - 7:00pm **Dev Squad** Invite Only	6pm -7pm **Aerial Sling** L3+ / 6pm -7pm **Tumbling** L3+	6pm -7pm **Aerial Hoop** Mixed Levels / 6pm -7pm **Tumbling** Mixed Levels	5:30pm - 7:00pm **Dev Squad** Invite Only	
7PM	7pm - 8pm **Adult Aerial Hoop** Beginners / Improvers / 7pm - 8pm **Adult Intro / course**	7pm - 8:30pm **Circus Squad** Invite Only	7pm -8pm **Aerial Silks** L3+ / 7pm -8pm **Tumbling** L5+	7pm -8:30pm **Circus Squad** Invite only	7pm -8:30pm **Circus Squad** Invite only	
8PM	8pm - 9pm **Adult Aerial Hoop** Intermediate / Advanced		8pm - 9pm **Adult Aerial Silks** Mixed Levels			
9PM						

ALL THE ABOVE IS HELD AT:

ACADEMY OF MOVEMENT
1A BOLDERO ROAD
BURY ST EDMUNDS
SUFFOLK
IP32 7BS

All classes follow a subscription model with monthly payments, except those marked with a pay-as-you-go symbol for online booking. Booking must be made online in advance.

PAYG - BOOK ONLINE

- **EARLY YEARS** *(Age displayed on class)*
- **BEGINNER CLASSES** *(6+yrs, unless stated)*
- **LEVEL 3+ CLASSES / OR HIGHER**
- **OPEN TO ALL**
- **SQUAD CLASSES** *(invite only)*
- **ADULT CLASSES**
- **PARTIES**

www.academyofmovement.co.uk | info@academyofmovement.co.uk

Learning at home / Apps

Our own App!



After developing a successful in house curriculum called ‘My Movement,’ we are excited to transform it into an app. This app will allow students to easily track their class activities, goals, routines, and enjoy a variety of fun challenges along the way. The app is currently in development.

After 2 years of creating, we are so nearly there with it now!

If you’re interested in being among the first to test the app, please let us know before we launch it to everyone.

Loading...

UNIFORM

BLUE OR PURPLE YOU DECIDE!



We would love to see everyone in our uniform, we believe that wearing our uniform will make you / your child feel part of Academy Of Movement community. Uniform gives a sense of purpose and belonging.

LOOK THE PART. FEEL THE PART.
BE PART OF THE TEAM!

Visit our website and click 'SHOP' to get your uniform

Uniform provider:
Rock the Dragon
www.rockthedragon.co.uk

FOR ALL CLASSES:



CIRCUS CLASSES

Tight T-shirt or vest. Leggings/tight tracksuit bottoms and shorts are accepted, but please note that they will not protect your legs when on the aerial equipment. A leotard/unitard/catsuit is highly recommended but not essential. Indoor shoes will be required for unicycle week, but we will always let you know when this is.

TUMBLING CLASSES

Leotard, tight sports t-shirt / vest. Shorts or leggings. NO baggy clothing is accepted. Hair must be in a bun or plait no ponytails. For very long hair please tuck the plait under if not in a bun.

ACRO CLASSES

Leotard, crop top or tight vest. Small shorts, tights or leggings. Unitard / catsuit options available. NO baggy clothing is accepted. Hair must be in a bun or plait no ponytails. For very long hair please tuck the plait under if not in a bun.

AERIAL CLASSES

Leotard, crop top or tight vest. Leggings / unitard / catsuit options available. NO baggy clothing is accepted. We highly recommend covering your legs to avoid firction burns.

GROUND BASED CIRCUS SKILLS CLASSES

T-shirt, shorts / tracksuit bottoms. No baggy clothing is accepted due to certain equipment. Students are also expected to bring indoor shoes to each class (these are trainers that have never been worn outdoors) for certain activities like unicycling and stilt walking.

SQUAD CLASSES

Leotard / unitard / catsuit, tight sports vest or crop tops with leggings.

SQUAD UNIFORM COMING SOON!

TRY BEFORE YOU BUY!

LEOTARD SIZES AVAILABLE TO TRY ON AT RECEPTION



RECEPTION SHOP

We sell grip socks at the AOM reception as well as the below equipment:





















The above is sold at our in-house shop so you can practise at home!

Remember Circus skills take time to master, and the more time you spend, the easier it will become!

YEAR PLAN

Here's a rough outline of what a year at AOM might entail. While dates and events may change, this serves as a helpful guide to identify performance opportunities, workshops, and more.

OCTOBER

HALLOWEEN WORKSHOP

Our action packed Halloween workshop will typically be on Halloween weekend or October half term. This is a fun filled day / multiple days of Halloween themed workshops.

HALLOWEEN DISCO

Get ready for a spooktacular night of music, dancing and fun! Join us for our Halloween Disco, packed with games, fancy dress, and plenty of treats , the perfect way to celebrate the season with friends.

NOVEMBER /DECEMBER

WINTER PRESENTATION DAY

Presentation Day is an exciting opportunity for students to showcase the skills and routines they've been working on in class. As part of our level system, students will demonstrate their progress and hard work in order to earn a pin badge for their Academy of Movement lanyard. It's a day of celebration and achievement, where every student gets the chance to shine and be recognized for their dedication and growth!

DECEMBER

CHRISTMAS WORKSHOP

During the Christmas holidays, full of magical Christmas fun. Learning and improving skills, playing games and enjoying all the festivities our Christmas workshops bring.

APRIL

EASTER CAMP

A workshop offering all the usual circus favourites. Learn new skills, play easter themed games and much more!.



MAY

SHOW

Our annual show will be earlier this year. As always our show will still give all students a chance to show what they have been working on throughout the year!

We will always try to get 'save the dates' out for this as soon as possible as we would like all members to be involved.

PHOTOSHOOT

Each year we host our Annual Photoshoot , a chance for every student to capture their progress and celebrate their skills. With professional lighting and photography, students can showcase their favourite moves on the equipment or in costume, creating lasting memories to treasure. It's always one of the highlights of our year and a fantastic way to see how far you've come!

JULY / AUGUST

SUMMER CAMPS / WORKSHOPS

During the 6 weeks holidays we aim to put on one or two weeks worth of camps. Each camp typically lasts for 5 days, culminating with a performance at the end of the week. This will either be a filmed performance, or have family invited in on the last afternoon to watch.

AUGUST

AOM BIRTHDAY

Exactly how we celebrate each year may be different but we would like to start celebrating each year with our incredible members.

'You will never forget your Childs first time on stage...and neither will they'



Rules

- **Do be gentle** | Do not hurt anyone
- **Do be kind and helpful** | Do not hurt peoples feelings
- **Do work hard** | Do not waste yours and other peoples time
- **Do look after property** | Do not waste or damage things
- **Do listen to people** | Do not interrupt
- **Do be honest** | Do not cover up the truth

Children are expected to behave sensiby and safey during all our activities.

Any child who is unable to do so will be removed from the activity for both the safety of themselves and the other children participating.

THE TRAFFIC LIGHT SYSTEM

Green Warning:
Student is told they have been put on a green warning because their behaviour has led to this. Ben/Jamie will use examples and not be vague about the reasons for this action. Parents/Carers will also be told.

Orange Warning:
Student is told why their warning has been advanced by Ben/Jamie with an example. Parents/Carers will also be told in writing.

Red Warning:
Student is told why their warning has been advanced by Ben/Jamie with an example. It is made clear that this is the student's final chance. Parents/Carers will also be told in person and in writing.

If a student continues to misbehave, they will be asked to leave AOM

Please note that if a student does something that we deem unacceptable behaviour, they will put straight onto a red warning



YOUNG LEADERS

At AOM we want to invite as many young leaders as possible to get involved in teaching our members...who knows it could kick start a career in teaching

HOW TO APPLY

If you / your child is above the age of 13, a current member with us and would like to apply to be part of our young leader scheme then please speak to either Jamie or Ben in class or send an email to info@academyofmovement.co.uk.

YOUR ROLE

As a young leader you will be helping educate children younger than you within our classes, you will work alongside our lead coaches and learn to manage a class, take warm ups, assist other coaches, create side stations and even learn hands on support.

We will offer training days twice a year to keep our young leaders up to date with knowledge and practice.

PAY

The young leader role will be voluntary; however, if we have a position available, from the age of 16 you can apply to become an 'assistant coach'. This is a paid role and a fantastic, fun part-time job. The role will involve assisting the lead coaching of the Academy Of Movement to run classes, workshops, and shows.

OUR TEAM



JAMIE

FOUNDER / DIRECTOR / PRINCIPAL

Jamie has performed all over the world specialising in Dance and Circus. From the age of just 11 she was awarded a scholarship to a prestigious full time theatre school in London, before going on to train at The Centre Of Performing Arts College, where she gained her teaching qualifications and diploma in dance. With over 15 years of experience within the performing arts industry, her dedication and love for the arts has led her to create unique and captivating classes helping to bring people together in a fun and happy environment thus Academy Of Movement in Bury St Edmunds was born.



BEN

FOUNDER / DIRECTOR / HEAD COACH

Ben has been involved in gymnastics from a young age, the highlight of his gymnastics career was being selected to represent Great Britain. Whilst competing Ben gained a degree in Sports Coaching (BSc).

Since leaving Gymnastics Ben has worked in the Circus industry, performing in incredible show and at iconic venues such as London 2012 Olympics Ceremonies, Londons West End, Cirque Du Soleil and all over the world, he even holds a Guinness World record for the most consecutive back somersaults.



JO

COACH IN CIRUCS & AERIAL, SPECIALISING IN HULA HOOP

Joanne has over 10 years of experience teaching circus skills in various settings, including schools and festivals. She is a qualified movement coach, personal trainer, and nutritionist, as well as an experienced aerialist. Joanne emphasizes the importance of play for physical and mental well-being, encouraging students to explore and build confidence. She has performed at notable events like Glastonbury and Berlin Burlesque Festival and enjoys sharing her expertise with aspiring circus performers in a fun, supportive atmosphere.



ASHA

COACH, SPECIALISING IN CIRCUS AND GYMNASTICS

Asha has a rich background in performance, starting gymnastics at age 4 and competing at her local Gymnastics Club until 13. She was part of the Suffolk Gymnastics Squad, training with talented peers. Asha then pursued dance for four years, exploring various styles like contemporary, ballet, and musical theatre while balancing her academic studies. In 2025, she found her passion for circus arts at a summer camp in Pennsylvania, returning for a second summer in 2026. There, she trained alongside global performers, focusing on flying trapeze and other circus skills. Asha combines her gymnastics, dance, and circus experience to coach students, helping them build skills and confidence through movement.



LIZZIE

TUMBLING COACH

Lizzie started gymnastics at just 2 years old and has been involved in the sport ever since. With 15 years of coaching experience, she has worked with gymnasts competing at both county and regional level, helping them develop not only their skills but also their confidence.
Alongside coaching, Lizzie has also spent time judging gymnastics, giving her a well-rounded understanding of the sport from almost every angle. She is passionate about creating a positive, encouraging environment where every gymnast can thrive, and loves passing on the same lifelong enthusiasm for gymnastics that inspired her from such a young age.



DEESHA

AERIAL COACH, SPECIALISING IN AERIAL HOOP

Deesha began her aerial journey with AOM in September 2020. Starting with humble beginnings—unable to straddle—she has since transformed her skills, now able to long-arm invert and perform complex aerial moves with ease. Through dedication and persistence, Deesha has gained incredible confidence, strength, and flexibility. Recently, she achieved her aerial hoop teaching qualifications with XPERT, ready to inspire others on their own aerial journeys.



ISOBEL

ASSISTANT COACH IN CIRUCS, AERIAL, ACRO & TUMBLING

Isobel has been with AOM since we opened, and her journey has been nothing short of inspiring. As part of our first Young Leader cohort, trained under Ben and Jamie, she has excelled both as an athlete and a coach. Isobel teaches all the disciplines we offer, and her ability to inspire and connect with students is truly commendable. Qualified in Tumbling gymnastics, has attemded mutliple workshops around the worrd in Circus, including the National Centre Of Circus Arts in London and a very prestigeious Circus School in Italy. Alongside her coaching, she is working at Bright Horizons nursery and enjoys riding horses in her free time. Isobel's passion and dedication continue to make a lasting impact on everyone around her.



OLLIE

ASSISTANT COACH IN TUMBLING & CIRCUS

Ollie joined AOM in 2022 and immediately showed a keen interest in our Young Leader programme. He has since become a fantastic role model for our students, always practicing and refining his own skills while encouraging others. An awesome gymnast who excels in tumbling, Ollie’s passion for the sport is evident in everything he does. He holds qualifications in Tumbling Gymnastics and currently assists in coaching tumbling, gymnastics, and circus classes, and continues to grow as a coach. With his talent and dedication, Ollie has a bright future ahead of him both in coaching and gymnastics....Could Ollie be the next Spiderman? We certianly think so!



LORENZO

ASSISTANT COACH IN CIRUCS, AERIAL & TUMBLING

Lorenzo has been part of AOM right from the very beginning, attending our first-ever workshop in 2020 as a student! Since then, he has grown into an incredibly talented and versatile performer, with a particular flair for ground-based circus skills, while continually pushing himself and developing his abilities in tumbling and aerial. Lorenzo even holds a kids world record on the Rolla Bolla.
After progressing through our Young Leader programme, Lorenzo officially joined the AOM coaching team in January 2026. He now coaches across Circus, Aerial and Tumbling, bringing his own experience as an AOM student into the way he supports and inspires the next generation. Alongside coaching at AOM, Lorenzo is also continuing his studies at Abbeygate college, studying Psychology, Biology and Spanish.
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ACADEMY OF MOVEMENT
TERMS AND CONDITIONS 2026/2027

Academy of Movement – Terms & Conditions
Effective Date: September 2025
Last Updated: September 2026

1. Membership & Subscriptions

1.1 Membership

When you enrol in Academy of Movement (AOM) classes, you become a member on an ongoingbasis unless cancelled with one month's notice in writing.

1.2 Notice to Leave

If you give notice to leave, your final subscription fee will be calculated against the number of classes you have attended. As subscription payments are spread evenly across 12 months, this ensures you pay the correct amount before your membership ends. If you have underpaid, an additional amount may be due.

1.3 Subscription Model

Our classes run during school term time, with 37 teaching weeks across the year.
Rather than charging different amounts each month depending on how many classes fall within that month, we calculate the total cost of your classes for the full year and spread this evenly across 12 monthly payments.
For example:
Weekly class cost × 37 teaching weeks = annual class cost
Annual class cost ÷ 12 = monthly payment
This means you pay the same, lower monthly amount throughout the year, including during school holidays and the summer break when classes may not be running.
You are not being charged for classes during the holidays – the payments made during those months are simply part of the annual cost being spread evenly over 12 months.
This allows us to keep monthly payments consistent and predictable, rather than having higher payments during busy teaching months and no payments during the holidays.

1.4 Payment Method

Payments are taken via card (not direct debit) and processed automatically through ClassForKids and Stripe.
It is the parent/guardian's responsibility to keep card details up to date.

1.5 Billing Dates & Failed Payments

- Payments are processed on the 1st of each month.
- If a payment fails, further attempts will be made on the 4th and the 9th.
- If all three attempts fail, you must manually pay via ClassForKids before your child can return to
class.
- A £5 late fee will be added to the following month's subscription to cover admin costs.

1.6 Refunds

Membership, class, workshop, and camp fees are non-refundable, regardless of illness, holidays, or absence.

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Membership, class, workshop, and camp fees are non-refundable, regardless of illness, holidays, or absence.

2. Trial Classes & Waiting Lists

2.1 Trial Classes
- Trial classes are available at £12 each.
- After your second trial, you will be invited to set up your subscription if you wish to continue.

2.2 Waiting Lists
- Spaces are offered in the order of the waiting list.
- If no response is received within 48 hours, we will follow up once more by email. If no reply is
received, the place will be offered to the next student.

3. Workshops & Camps

3.1 Payments
All camp and workshop payments are due in full at the time of booking to secure your space.
3.2 Refunds
Camp and workshop bookings are non-refundable. Early bird discounts may apply but do not affect refund policy.

4. Attendance & Absence

4.1 Commitment to Classes
Spaces are limited. Repeated absence without notice may result in your place being withdrawn.
4.2 Prompt Arrival
Students must arrive on time and be collected promptly.
- Arrivals more than 15 minutes late may not be admitted for safety reasons.

4.3 Illness & Injury
Do not attend if your child has:
- Chicken pox (until spots have fully scabbed)
- Head lice (until treated and clear)
- Long-term injury: you may request a temporary injury subscription to hold your place until you are fit to return.

5. Uniform, Hair & Jewellery

5.1 Uniform
All students must wear the correct Academy of Movement uniform.
5.2 Hair
Hair must be tied back securely.
- For acro, tumbling, aerial silks and slings it must be in a bun or plait (long plaits pinned up).

5.3 Jewellery
Jewellery is not permitted. If earrings cannot be removed, they must be securely covered with tape before arriving at the gym.

6. Safety & Conduct

6.1 Behaviour
Disruptive, bullying, or offensive behaviour will not be tolerated.
6.2 Rules
- No chewing gum in the gym.
- Only water is permitted in training spaces.
- For safeguarding and to maintain student focus, parents are not permitted inside the gym during classes.

7. **Cancellations**

7.1 AOM Cancellations

In rare cases where classes are cancelled due to circumstances beyond our control, we will:

- Contact you as soon as possible
- Offer a make-up class where possible
- In some cases, provide a pro-rata refund

7.2 Low Enrolment

If a class has fewer than 4 students enrolled, AOM reserves the right to cancel. We will aim to place you in an alternative class or offer a pro-rata refund.

8. Liability & Personal Belongings

8.1 Liability

AOM accepts no liability for injuries sustained during classes or while on the premises.

8.2 Personal Belongings

AOM accepts no responsibility for lost or damaged belongings.

9. Updates & Communication

9.1 Information

Parents/guardians must promptly update AOM with any changes to personal details, medical conditions, or contact information.

9.2 Policy Updates

AOM reserves the right to update these Terms & Conditions. The most recent version will always be available in our handbook and on our website.

By enrolling at Academy of Movement, you confirm that you have read, understood, and agreed to these Terms & Conditions.

GET YOUR QUESTIONS ANSWERED
WE'VE MADE IT EASIER THAN EVER!

If you ever have a question or concern then we're here. We understand that during class time it can be hard to talk to us, so we have made it super simple to get any awnsers your looking for, just follow the simple steps below:

1



Any question, anytime of the day!

Our handy new assistant Robo-Coach has this handbook inbuilt, so if you need a quick answer then visit our website and ask Robo-Coach.

TOP TIP!

When we do an event we also train Robo-Coach with the exact times your student is performing! So you can always be in the know too!

2

If Robo-Coach is unable to awnser your question then we are hapy to help via email

EMAIL

Email the team at:

info@academyofmovement.co.uk

3

Think of this as our emergency line:

For example, stuck in traffic to pick up your child

Call, text or Whatsapp in emergencies

07934 954741

WhatsApp


AOM
Academy of Movement