

ACADEMY OF MOVEMENT LTD

2022



Academy Of Movement

OFFERING UNIQUE CLASSES IN:

CIRCUS | GYMNASTICS | DANCE

[WWW.ACADEMYOFMOVEMENT.CO.UK](http://WWW.ACADEMYOFMOVEMENT.CO.UK)

# 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 cant wait for you and your child to experience all that we offer at the Academy. 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 Circus, Gymnastics and Dance.

'Let's get everybody moving!'

Affiliated with:



Prince's Trust



Children's Activities  
Association

✓ Giving Parents Peace of Mind



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## OUR CLASSES:

# CIRCUS

Roll up! Roll up! Our Circus class offers a wide range of different Circus activities all in one fun, jam packed class.

Learn the foundations of different skills from aerial hoop & slings to acrobatics on our giant inflatable air track, before finishing up with a hands on Circus skill such as plate spinning, diablo, juggling, tightrope walking and much more.

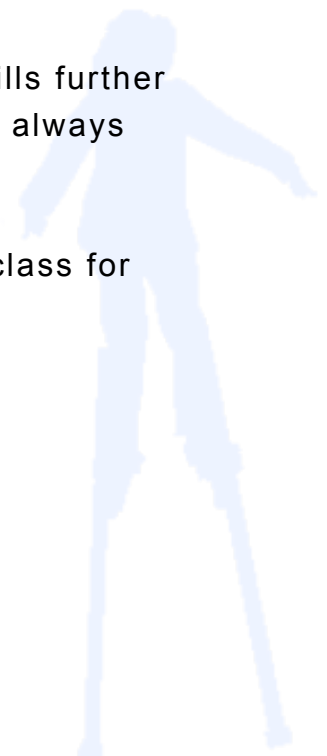
At Academy Of Movement, children will improve their movement, balance and hand- eye coordination, whilst encouraging friendships and boosting self-esteem. You will see their physical, social and expressive development soar.

## GROUND BASED CIRCUS SKILLS (NO AERIAL OR ACROBATICS)

All of our hands on (and feet on) circus skills, including: stilt walking, unicycle, tightrope walking, juggling, globe walking, spinning poi, diablo, flower sticks, rolla bola, plate spinning and much 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!





# ACRO DANCE

Our Acro Dance class provides a fusion of dance styles, acrobatic elements and gymnastics on our inflatable Air-track. Acro technique includes balancing, limbering, tumbling, flexibility, contortion and strength.

In these classes, children will improve their strength and flexibility, learn proper technique and style. The lines and extension of acrobatic movements within a dance element, will be built upon in the right progression for each child and their ability. Producing dancers and acrobats that can blend tricks and dance with musicality and emotional expression.

# ACROBATICS



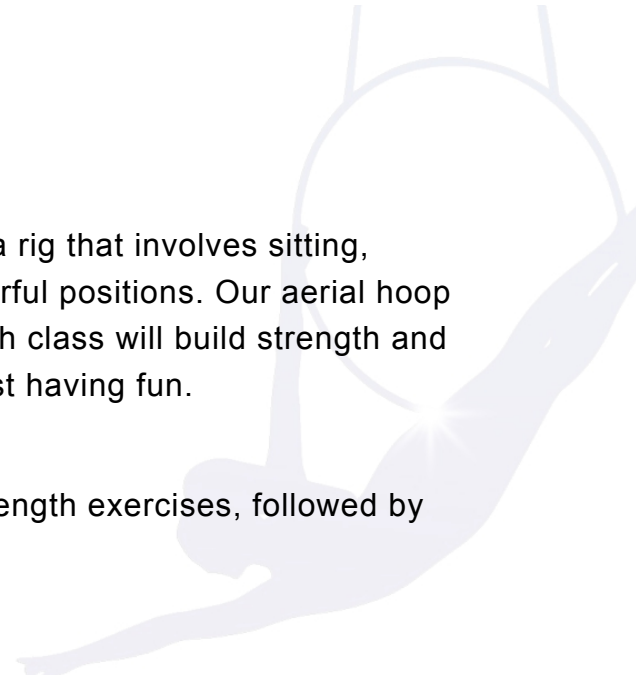
This class is designed specifically for children to learn gymnastics and acrobatic skills. Unlike traditional gymnastics club, we aim to offer students the opportunity to perform in displays, showcases and bring their skills to life.

We will be working on tumbling and trampette within the class as well as lots of other gymnastics skills such as acrobalance, hand balance and various tricks! Roll up, roll up and become an acrobat!

# 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 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 however our classes are designed to make them accessible to everyone.

Each class will have your child learning to climb and manoeuvre around the silks, learning tricks, poses, transitions and eventually even jaw dropping drops!

# 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.

# SQUAD CLASSES (INVITE ONLY)

Our squad classes are invitation only classes, and these are seen as an additional class to the class your child already attends. Within these classes we look at more complex routines and advanced skills specifically for shows and showcases in house and away at events.

We expect children in our squad classes to be in uniform, have fantastic attendance and a 'work hard' mentality.

# CIRCUS TOTS (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 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 & TOTS (2½ - 4½yrs)

Introduce your little ones to the magical world of Circus. Each week we will be playing Circus games, as well as introducing your little ones to an exciting Circus skill, through story telling, songs and lots of fun. With plenty of physical activities, including gymnastics, hanging from aerial equipment and hands on Circus skills. This is a structured class for both Parent and Child lead by an Instructor.

## **\*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

*Please note that from Jan 2022 we will no longer be offering sibling discount but will be offering the above discount as an alternative instead*

# ADULT CLASSES

Possibly the most unique and fun way to keep fit!

We currently offer:

**ADULT AERIAL HOOP | ADULT AERIAL SILKS | ADULT ACROBATICS**

*For class times see our timetable on page 9.*

Our Adult classes are a great way to learn the basics of aerial hoop, silks or acrobatics, it's a brilliant way to build strength, keep fit and learn new skills

In each 6-7 week block, you will learn a variety of poses, moves and balances, progressing towards a combinations of moves, that will in some classes eventually be put to music in a routine.

Each class will involve a warm up, conditioning, tricks, skills and moves and finishing up with a cooldown and stretch.

Our classes are suitable for all abilities, its all about fun and fitness in an inclusive and encouraging environment.

**All classes can be booked online at:**

**[www.academyofmovement.co.uk](http://www.academyofmovement.co.uk)**

**For more information or questions regarding any of our classes please email:**

**[info@academyofmovement.co.uk](mailto:info@academyofmovement.co.uk)**

# CLASS LOCATIONS

Currently we run our classes from Community Halls and Sports Centres across Bury St Edmunds. Our class locations are:

## New Green Centre

Thurston, Bury St Edmunds, IP31 3TG

We run our classes in the large sports hall of the New Green Centre. Please note that we have a separate room for children to put their belongings, this will be clearly instructed to them upon their arrival.

Please enter through the main double doors located in the car park. For pick up please use the side gate to the left of the building, this will take you to the waiting area.



## THE NEW BURY COMMUNITY CENTRE

1 CHARLES PLACE, BURY ST EDMUNDS, IP32 6TD

We are so excited to be launching our classes in a brand new community centre in 2022.

Please enter through the main double doors where you will see a large waiting area that parents are more than welcome to wait in. Classes will be happening in the main hall of the building.



# CLASS TIMETABLE

Tuesday	Wednesday	Thursday	Friday
New Green Centre IP31 3TG	Newbury IP32 6TD	Newbury IP32 6TD	New Green Centre IP31 3TG
		9:30am - 10:15am <b>Parent &amp; Circus Tots</b>	
4:00pm - 4:30pm <b>Circus Tots</b> (Age 3½yrs - 5yrs)	4:00pm - 5:00pm <b>Aerial (Hoop &amp; Slings)</b> (Age 5-7yrs)  4:00pm - 5:00pm <b>Acrobatics</b> (Age 5-7yrs)	4:00pm - 5:00pm <b>Circus</b> (Age 5-7yrs / 8-12yrs)	4:00pm - 5:00pm <b>Acro Dance</b> (Age 5-7yrs)
4:30pm - 5:30pm <b>Circus</b> (Age 5-7yrs / 8-12yrs)	5:00pm - 6:00pm <b>Acro Dance</b> (Age 5-7yrs / 8-12yrs)	5:00pm - 6:00pm <b>Circus</b> (Age 5-7yrs / 8-12yrs)	5:00pm - 6:00pm <b>Circus</b> (Age 5-7yrs / 8-12yrs)
5:30pm - 6:30pm <b>Circus</b> (Age 8-12yrs / 13-16yrs)	6:00pm - 7:00pm <b>Aerial Slings</b> (Age 8-12yrs / 13-16yrs)  6:00pm - 7:00pm <b>Acrobatics</b> (Age 8-12yrs / 13-16yrs)	6:00pm - 7:00pm <b>Acrobatics</b> (Age 8-12yrs / 13-16yrs)  6:00pm - 7:00pm <b>Aerial Hoop</b> (Age 8-12yrs / 13-16yrs)	6:00pm - 7:30pm <b>Circus Squad</b> (Invite only)
6:30pm - 8:00pm <b>Acro Dance</b> (Age 8-12yrs / 13-16yrs)	7:00pm - 8:00pm <b>Aerial Silks</b> (Age 8-12yrs / 13-16yrs)  7:00pm - 8:00pm <b>Circus Skills</b> (Age 8-12yrs / 13-16yrs)	7:00pm - 8:00pm <b>Acrobatics</b> (Age 8-12yrs / 13-16yrs)  7:00pm - 8:00pm <b>Aerial Hoop</b> (Age 8-12yrs / 13-16yrs)	
8:00pm - 9:00pm <b>Adult Aerial Hoop</b> (Age 18+)		8:00pm - 9:00pm <b>Adult Acrobatics</b> (Age 18+)	

# MEMBERSHIP

Now that you are signed up and actively participating in our classes you are a member of the Academy Of Movement community, we are thrilled to have you on board and wish you a wonderful experience with us.

- We currently do not charge a membership fee
- As a member you will be invoiced half termly for participating in our classes, your place is automatically saved term by term and ongoing.
- If you do sadly decide to leave us or drop one of your classes, then as **stated in our terms and conditions we do please ask, for half a terms notice in writing**, this way you can ensure that you are making the correct decision.

**“When one member succeeds, the entire team succeeds”**



**Refer a friend and receive a free AOM T-Shirt!**

If you refer a friend and they sign up for ongoing classes with us you will receive a free t-shirt! All they need to do is mention your name in the 'how did you hear about us' section, then email [info@academyofmovement.co.uk](mailto:info@academyofmovement.co.uk) to let us know



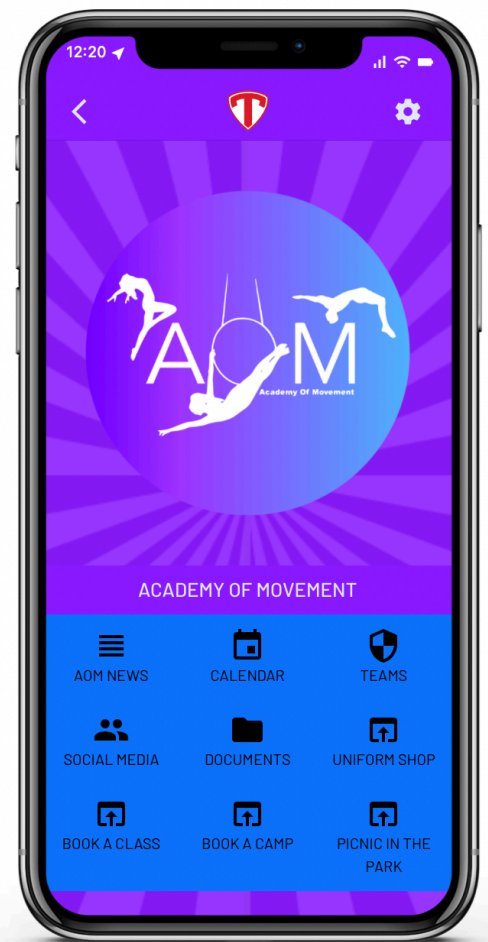
# GET THE AOM APP!

## Keep Up to Date with us

Our app is simple and straight forward to use,.  
It's a fantastic way to keep up to date with:

- News
- Events
- Schedule
- Class bookings
- Camps / Workshops
- Uniform
- Documents / Terms and conditions

It's also a really handy way for us to communicate  
with you, so we do please ask to have your **notifications switched on**



To get started with our app follow these simple steps below:

1. Download Team App

stackteam app



2. Search Academy Of Movement



Academy Of Movement

# UNIFORM

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

We have teamed up with a uniform provider called 'Rock The Dragon'. Simply visit the 'shop' page on our website and you can find a link to the full range from us. Orders will be sent directly to your door.

Circus - T-shirt or vest. Leggings / tight tracksuit bottoms, shorts are accepted but please note that they will not protect your legs when on the aerial equipment

Acro Dance - Leotard, crop top or tight vest. Gymnastics / Dance shorts, tights or leggings

Aerial - Leotard / unitard / catsuit, tight sports vest or crop top. Leggings

Acrobatics - Leotard, tight sports t-shirt / vest. Shorts or leggings

Squad Classes - Leotard / unitard / catsuit, tight sports vest or crop top. Leggings

## BLUE OR PURPLE YOU DECIDE!

Feel free to mix and match the colours.

Before your uniform arrives please wear:

- **Tight fitting clothing only**, this is essential in the aerial classes as loose fitting clothing can become tangled around the equipment.
- **Hair should be neatly tied up**
- **No jewellery** to be worn in class
- Please have **bare feet or grippy socks** (trampoline socks)
- For Circus classes always **bring trainers**, these are needed for certain equipment
- Additionally please **avoid clothes with zips**, or any sharp objects as these can not only damage the equipment, but be painful for the student also.

To purchase uniform visit:  
[www.academyofmovement.co.uk/shop](http://www.academyofmovement.co.uk/shop)



## UNIFORM PURCHASE TERMS AND CONDITIONS

Please note that most of our uniform items are only available through '**Rock the Dragon**' and Academy Of Movement holds no responsibility on orders placed through this website



Rock  
THE  
DRAGON  
[ EST 2005 ]



# YEAR PLAN

The year follows the term dates of the Suffolk Country Council and our term dates can always be found on our website

Please see below a rough outline of what we'll be aiming to offer each year, we would love for all students to participate in showcases, performances and trips throughout the year.

## Key events to remember:

**February / March**

### SHOW

We will be aiming to put on a spectacular indoor show. This will be a ticketed event with the children performing acts and routines they have been working on in class

**April (Easter Holidays)**

### EASTER CAMP

A workshop offering all the usual circus favourites. Learn new skills, play easter themed games and much more! This will usually be a 4 day workshop and will include a video of the children's performance on the last day.

**July**

### OUTDOOR SHOWCASE

Each year before the summer break we aim to put on a showcase outdoors, this will be a less formal show than our show form earlier in the year. It will be more of picnic / fare type event that we see growing and growing each year.

**July / August (Summer Holidays)**  
**SUMMER CAMP**

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.

**October**  
**WATCHING WEEK**

Parents / Guardians will be invited into the class to watch what happens and see the skills the children have been working on. We also encourage you and your child(run) to watch other classes throughout the week to see what happens in classes you may be unfamiliar with / want to try in the future

**October (Half term)**  
**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.

**December**  
**CHRISTMAS WORKSHOP**

Christmas workshops will usually be the last weekend before Christmas or during the Christmas holidays, full of magical Christmas fun. Learning and improving skills, playing games and enjoying all the festivities our Christmas workshops bring.

**“You will never forget your Childs first time on stage . . . and neither will they”**

# STUDENT RULES



**Do be gentle** | Do not hurt anyone



**Do be kind and helpful** | Do not hurt peoples feelings



**Do work hard** | Do not waste your and other people's 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



# 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 tangible 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 a tangible example. Parents/Carers will also be told in writing.

## Red Warning:

Student is told why their warning has been advanced by Ben/Jamie with a tangible 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

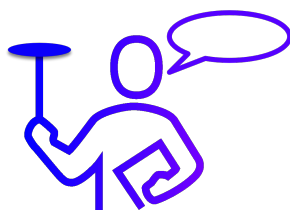
At AOM we want to invite as many young leaders as possible to get involved in teaching our members, who knows it could kick start a career in teaching.

## HOW TO APPLY



If you / your child is above the age of 13 and would like to apply to be part of our young leader scheme then please speak to either Jamie or Ben or send an email to [info@academyofmovement.co.uk](mailto: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



If we have a position available, from the age of 14 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 Academy Of Movement to run classes, workshops and shows.

# INVOICING / PAYMENT

- Invoices will be automatically generated and sent out on the last week of the half term for the following half term, and are payable before the first class back.
- You can pay these invoices either with our Class For Kids online system or via bank transfer, our bank details are as follows:

**Name on account: Academy Of Movement**

**Sort Code: 52-30-31**

**Account number: 49891812**

***Please note that as per our terms and conditions if you do sadly decide to leave us or drop one of your classes, we require at least one half terms notice in writing. If we do not receive this an invoice will still be generated and monies owed.***

***Invoices paid late will incur a £5.00 late payment charge which will be added to your late fees.***

Our class / camps bookings are powered by Class For Kids , this means that:

- You can always check what you have booked
- You can see what you have paid / owe for classes
- Find times / dates for your booked classes /camps

To log into your Class For Kids account go to:

[www.class4kids.co.uk/profile](http://www.class4kids.co.uk/profile)



# Academy Of Movement Terms and Conditions

## Payments & Enrolment

- Classes students attend will be ongoing unless otherwise stated by AOM. Once enrolled the participant becomes an AOM member and continues to be a part of AOM.
- Invoices will be sent out 1 week before half term, and are payable by the first class back.
- Invoices paid late will incur a £5 late payment charge which is payable with your late fees.
- If an invoice remains unpaid by the last week of half term and no contact has been made, that student will be removed from the class list and the place offered to the next person on the waiting list.
- Invoices can be paid online via ClassForKids or BAC'S, all payments are non refundable.
- Students wishing to discontinue a class, must give a half terms notice IN WRITING to AOM with a minimum of 6 weeks.

## Workshop and camp payments

- Workshop and camp invoices will be sent to you as soon as your space has been booked.
- Payments are due one month prior to the first day of the workshop/camp, reminder emails will be sent for payment 24 hours prior. If payment has not been made by this time your space on the workshop/camp will be given to the next person on the waiting list. Please note when 'early bird discounts' apply payment terms may differ.

## Class trials & waiting list

- Upon completion of your first trial class an email will be sent offering you a place in the class to continue with us. Please let us know either way if you will be returning, reminder emails will be sent 48 hours later to respond. If we still have not had a response a phone call will be made, and a message left politely explaining if we don't hear from you in 24 hours the place will be offered to the next person on the waiting list.

- Students on the waiting list will be contacted in order of the list, if after 48 hours we have had no response a phone call will be made explaining you have 24 hours to respond, before the place is offered to the next student on the waiting list.

## **General**

- Academy Of Movement accepts no responsibility for loss or damage of personal belongings while on the premises.
- Academy Of Movement accepts no liability for any injuries sustained whilst participating in a class or on the premises.
- Students must wear the correct uniform and hair tied back at all times, school uniform is not to be worn at any time in class.
- No jewellery to be worn at any time.
- Students are expected to work to their full potential at all times during class.
- Academy Of Movement Staff must be notified of any changes to the information provided on the Booking Form.
- No chewing gum in class.
- No food or drink except water is allowed in the hall.
- Disruption, bullying, offensive ;language or behaviour will not be tolerated.

## **Attendance**

- Children must arrive and be collected promptly. It is very important that children arrive in time for their classes, preferably 5 minutes before the start. This allows the group time to settle from the moment the class starts. Latecomers will have to wait outside until an appropriate time to join the class. Children arriving after 15 minutes may be refused admission, as this may disrupt the professional attitude to classes we aim to foster.
- Students are expected to commit fully to all classes, repeated absence is not tolerated. Class numbers are limited and many have long waiting lists.
- Any student missing more than 3 classes in a term without contacting us will be removed from the class, should they wish to return will have to join the waiting list. Any student missing classes repeatedly their place will be reviewed and contact will be made where necessary.

## **Illness/Injury**

- Parents are not to allow their child to attend Academy Of Movement if they are feeling unwell or have a known injury which would prevent a student from fully taking part.
- This includes presenting any contagious illness including (but not limited to): Chicken Pox, Head Lice, Common Cold, Flu and, as of March 2020, symptoms of COVID-19.
- COVID-19: Parents are expected to follow government advice in relation to when to self-isolate.

## **Other**

Occasionally some courses may be cancelled due to circumstances beyond Academy Of Movements control. The Owners will endeavour to contact paid customers and will either offer an exchange for the course or, in rare cases of a cancellation, a full refund will be given.

Academy Of Movement reserves the right to cancel a class if there are fewer than 4 participants in a class and the above efforts will be made to place a student in an alternative class or offer a pro-rata refund where appropriate.

If a single class does not take place due to circumstances beyond our control, AOM will view this class as postponed and will reschedule.

## **LOCALISED LOCKDOWNS and PANDEMICS**

If Academy Of Movement cannot deliver classes due to force majeure or government directive, we shall implement online classes via video conferencing software as a replacement. No refunds will be offered.

# OUR TEAM

## JAMIE

Founder / Director / Principle



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 10 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 / Principle



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.

# Ells

Circus teacher specialising in Aerial Slings and Silks



Ells has attended various dance schools & training during her childhood & alongside degree studies became a yoga instructor, before moving to Indonesia where she found her love of Circus & Flow arts.

Fusing her background in design, dance & diving with props and underwater exploration she moved fully into working with the body in creative & investigative ways. Specialising in Aerial Silks and Aerial Slings. As well as teaching she continues to practice and perform her unique skill set in the UK and all over the world.

# Dan

Cover teacher specialising in Acrobatics



Dan is an all round movement and performing arts master. Not only is Dan an astounding acrobatic performer and cheer leader but he is also a creative dancer, singer and song writer. It is this type of creativity that we admire and why Dan is such a fantastic cover teacher for many of our classes.



# WE ARE HERE IF YOU NEED US

If you ever have a question or concern then we here. We understand that during class time it can be hard to talk to us, if its easier then contact us on any of the below between the hours of 9am - 5pm :



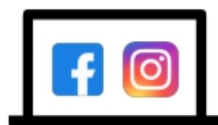
**Call | Text**

**07934954741**



**Email**

**info@academyofmovement.co.uk**



**Social Media: Facebook | Instagram**

**@academyofmovement**