

ACADEMY OF MOVEMENT LTD

2025/2026



UNIQUE CLASSES IN:  
AERIAL | GYMNASTICS | CIRCUS

[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 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 Dance.

‘Let’s get everybody moving!’

Affiliated with:



Prince's Trust



Children's Activities  
Association

✓ Giving Parents Peace of Mind

**insure 4 sport<sup>®</sup>**



**AERIAL FITNESS**  
INSTRUCTOR TRAINING



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## Subscriptions / Monthly Payment

- Payment for classes is facilitated through a subscription model, where monthly payments are automatically deducted from your registered credit or debit card upon enrollment. This monthly payment structure is designed to offer convenience and affordability by spreading term fees into smaller, manageable monthly instalments.
- All subscription payments are charged on the 1st of each month. In the event of a failed payment on the 1st, two additional attempts will be made on the 4th and the 9th of the month. You will receive email notifications for each unsuccessful payment. **Any payments not received after the third attempt will result in your subscription being cancelled and a £5 late payment / admin fee in order to reset your subscription with us. This must be completed before your next class with us, failure to do so will result in your child's place being offered to the next person on the waiting list.**
- Subscriptions are not processed as direct debits but are linked to your card. It is your responsibility to keep your card details up-to-date within your classforkids account. To cancel your subscription we require 4 weeks notice, please contact us. This procedure ensures compliance with the terms and conditions outlined.
- To see the classes / camps you / your child are booked on to you can access this via your 'Class For Kids' account.

To visit your ClassForKids account click below on the link or the button

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

[Class for kids  
account](#)

# FINANCIALS

## Subscriptions / Monthly Payment

### FAQs for parents

What if my child no longer wants to attend?

**The cancellation period for leaving a class is one months notice.** Please email us with one months notice and we will amend your subscription to reflect the classes attended. This is required throughout the year whether in term time or not.

Can I still pay in a different way?

After much research we have come to the decision that monthly payment is the most convenient and affordable way to take payments for all parents. Streamlining our payment options allows us to keep our admin to a minimum, and focus on teaching and continually improving our classes and experience for students.

Will this be for all classes?

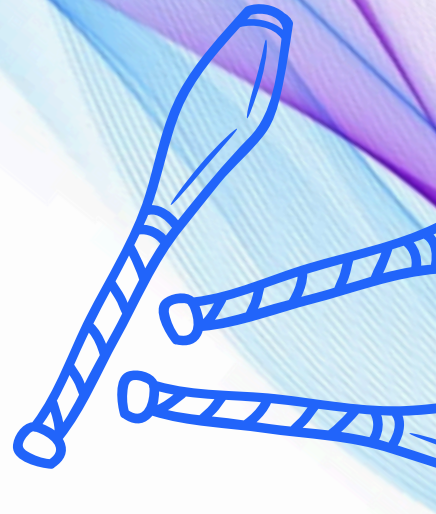
The only classes this change will not apply too are for pay as you go sessions and adult introduction blocks of lessons.

How do you work out my monthly cost as you only run in school term times?

We work out the monthly fee by multiplying the class cost by the 37 weeks of classes we hold throughout the year. This is then divided into 12 monthly payments.

# 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!

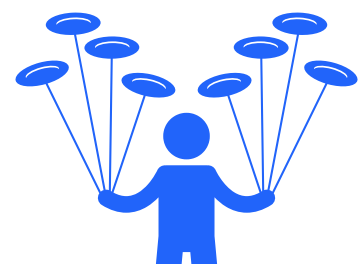
## GROUND BASED CIRCUS

### (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

## Gymnastics - 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.



## Gymnastics - Acro

Our Acro classes are the perfect class for perfecting skills like handstands, walkovers, back bends, aerials (No handed cartwheels!), and many many more!

This class is all about being able to perform not only on an air track but we make sure we progress to get these tricks on stage! We work hard to master skills and put them together into routines to music!

# CLASSES

## ACADEMY OF MOVEMENT

# 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.

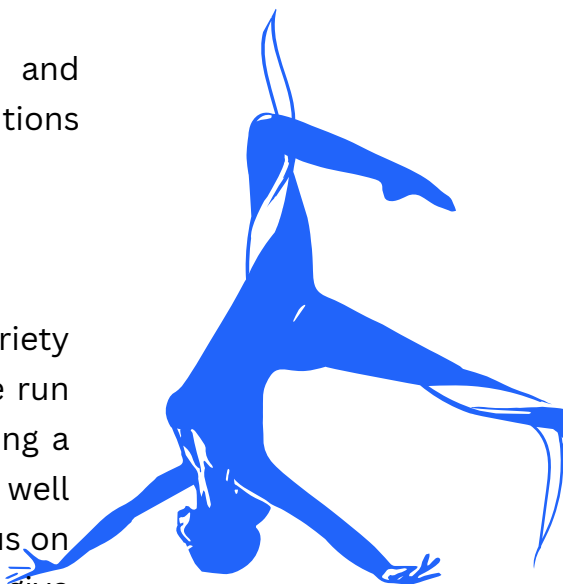
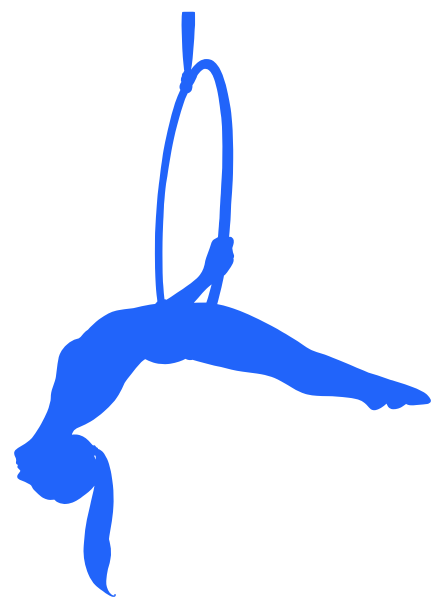
## AERIAL SILKS

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 silks, 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.



# CLASSES

## ACADEMY OF MOVEMENT

# Early Years Classes

## CIRCUS ABC's



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

Join us for a magical Circus adventure with your little one! Each week, we start by searching for Rory the Lion, our lovable Circus mascot, before singing our "Big Top" song to reveal the week's fun theme—whether it's animals, pirates, or more! Our class takes you through three exciting zones: Circus Skills: Juggle scarves, spin poi, balance bean bags, and play with the parachute—fun for both kids and parents with easy-to-follow songs and routines. Aerial Zone: Try aerial hoop, trapeze, slings, and daring activities like tightrope walking and obstacle courses. Acrobatic Zone: Jump, roll, and explore themed obstacle courses that keep little ones moving and laughing! We end with our playful "Circus Clown" song and give out stickers to celebrate the fun. This structured, parent-child class is led by an enthusiastic instructor, creating an unforgettable Circus experience!

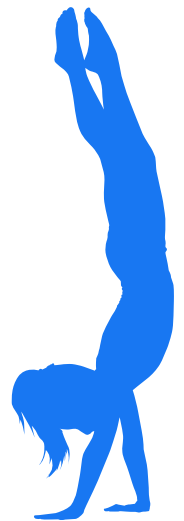


# CLASSES

## ACADEMY OF MOVEMENT

# Home Education & Private Classes

## 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.

Experience personalised instruction tailored to your needs, with the flexibility to accommodate groups of 1 to 3 students per session.

# CLASSES

## ACADEMY OF MOVEMENT

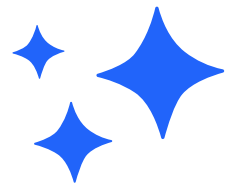
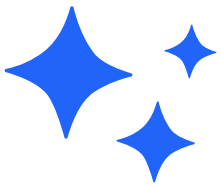
# SQUAD CLASSES

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.

# 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

Possibly the most unique and fun way to keep fit!

We currently offer:

## ADULT AERIAL HOOP - Beginners

An aerial hoop class for complete beginner adults!

Our Adult Aerial classes are a great way to learn the basics of aerial hoop, and a brilliant way to build strength.

We will be learning a variety of poses, moves and balances, progressing towards combinations of moves. Each class will involve a warm-up, conditioning, hoop tricks and moves, finishing up with a cool down.

Classes are suitable for all abilities, sizes, weights etc. We are a supportive fun environment and can't wait to have you join the fun!

## ADULT AERIAL HOOP - Intermediates - Advanced

Our Aerial Hoop Intermediate - Advanced classes are designed for individuals who have completed our Introduction to Hoop class, a beginner-level hoop class, or those with prior hoop experience, and are ready to progress to the next level. These sessions are a fantastic way to build strength while advancing your skills in aerial hoop. You'll learn a variety of poses, moves, and balances, gradually working towards more complex combinations of moves.

Each class includes a warm-up on our air track, conditioning exercises, hoop tricks and movements, and concludes with a cool-down.

Prerequisites: You should be comfortable getting in and out of the hoop, have a solid understanding of foundational/beginner hoop moves, and be confident with more dynamic hoop movements.

## ADULT AERIAL SILKS - Mixed abilities

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.

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

# Pay As You Go classes!

## FREE PRACTICE - 8+yrs

Got some moves that are almost there? This session is all about YOU!

Open to ages 8-17, it's the perfect opportunity to focus on those tricky skills and polish your performance. Whether you're perfecting your gymnastics routine on the inflatable air track, mastering flips on the trampoline, or flying your way to new heights on the aerial equipment, this is your time to shine!

Free practice sessions run on Saturdays at least once a month, with extra dates added whenever possible.

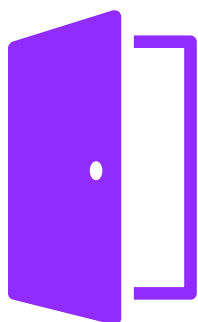
## FREE PRACTICE - ADULTS 16+

Take time for yourself with our Adult Free Practice sessions. In this relaxed, self-paced environment, you'll have full access to our aerial and tumbling equipment, creating the perfect opportunity to focus on your practice. Whether you're refining technique or simply enjoying the freedom of movement, the aerial hoop, silks and tumbling equipment are yours to explore. Sessions run once a month, with dates rotating between Mondays, Wednesdays, and some weekends.

# CLASS LOCATION

**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.

## **AUTUMN TERM 1**

8TH SEPT - 26TH OCT  
(HALF TERM 27TH OCT - 2ND NOV)

## **AUTUMN TERM 2**

3RD NOV - 21ST DEC  
(CHRISTMAS HOLS 22ND DEC - 11TH JAN)

## **SPRING TERM 1**

12TH JAN - 15TH FEB  
(HALF TERM 16TH FEB - 22ND FEB)

## **SPRING TERM 2**

23RD FEB - 29TH MARCH  
(EASTER HOLS 30TH MARCH - 12TH APRIL)

## **SUMMER TERM 1**

13TH APRIL - 24TH MAY  
(HALF TERM 25TH - 31ST MAY)

## **SUMMER TERM 2**

1ST JUNE - 19TH JULY

# AOM

## 2025 - 2026 TERM DATES



| September 2025 |    |    |    |    |    |    |
|----------------|----|----|----|----|----|----|
| 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 2025 |    |    |    |    |    |    |
|--------------|----|----|----|----|----|----|
| 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 2025 |    |    |    |    |    |    |
|---------------|----|----|----|----|----|----|
| 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 2025 |    |    |    |    |    |    |
|---------------|----|----|----|----|----|----|
| 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 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 |    |

| February 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 |    |

| March 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 |    |    |    |    |    |

| April 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 |    |    |    |

| May 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 |

| June 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 |    |    |    |    |

| July 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 |    |    |

| August 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          |    |    |    |    |    |    |

Return 7<sup>th</sup> Sept 2026



Classes on as usual



No classes due to Bank Holiday



No regular classes due to school holidays

# AOM CLASS TIMETABLE



9AM  
10AM  
11AM  
12PM  
1PM  
2PM  
3PM  
4PM  
5PM  
6PM  
7PM  
8PM  
9PM

MON

TUE

WED

THU

FRI

SAT

|                                                    |                                                                  |                                                        |                                             |                                                                 |                                             |                                                                                                   |
|----------------------------------------------------|------------------------------------------------------------------|--------------------------------------------------------|---------------------------------------------|-----------------------------------------------------------------|---------------------------------------------|---------------------------------------------------------------------------------------------------|
|                                                    |                                                                  |                                                        |                                             | 9:30am - 10:15am<br><b>Parent &amp; Circus Tots</b><br>2½-4½yrs |                                             | 9am - 9:30am<br><b>Circus ABC's</b><br>3½-5yrs                                                    |
|                                                    |                                                                  |                                                        |                                             | 10:30am - 11:30am<br><b>Home Ed Tumbling</b><br>Mixed Levels    |                                             | 9:30am - 10:30am<br><b>Circus</b><br>Mixed Levels                                                 |
|                                                    |                                                                  |                                                        |                                             |                                                                 |                                             | 10:30am - 11:30am<br>Mixed Aerial<br>Beginners - L3                                               |
|                                                    |                                                                  |                                                        |                                             |                                                                 |                                             | 11:30am - 12:30pm<br>Mixed Aerial<br>Beginners - L3                                               |
|                                                    |                                                                  |                                                        |                                             |                                                                 |                                             | 11:30am - 12:30pm<br><b>Tumbling</b><br>Beginners - L3                                            |
|                                                    |                                                                  |                                                        |                                             |                                                                 |                                             | 12:30pm - 1:30pm<br><b>Open Gym / Free Practice Session</b><br><a href="#">PAYG - BOOK ONLINE</a> |
|                                                    |                                                                  |                                                        |                                             |                                                                 |                                             |                                                                                                   |
|                                                    |                                                                  |                                                        |                                             | 3pm - 3:30pm<br><b>Private Lesson - Ben</b>                     |                                             |                                                                                                   |
|                                                    |                                                                  |                                                        |                                             | 3:30pm - 4pm<br><b>Private Lesson - Ben</b>                     |                                             |                                                                                                   |
| 4pm - 5pm<br>Mixed Aerial<br>Beginners - L3        | 4pm - 5pm<br><b>Acro Dance</b><br>Beginners - L2                 | 4pm - 4:30pm<br><b>Circus ABC's</b><br>3½-5yrs         | 4pm - 5pm<br>Mixed Aerial<br>Beginners - L3 | 4pm - 5pm<br><b>Tumbling</b><br>Beginners - L3                  | 4pm - 5pm<br><b>Circus</b><br>Mixed Levels  | 4pm - 5pm<br>Mixed Aerial<br>Beginners - L3                                                       |
| 5pm - 6pm<br><b>Aerial Sling</b><br>Beginners - L3 | 5pm - 6pm<br><b>Acro Dance</b><br>L3 - L4                        | 4:30pm - 5:30pm<br><b>Circus</b><br>Mixed Levels       | 5pm - 6pm<br>Mixed Aerial<br>L3+            | 5pm - 6pm<br><b>Tumbling</b><br>Beginners - L3                  | 5pm - 6pm<br>Mixed Aerial<br>Beginners - L4 | 5pm - 6pm<br><b>Tumbling</b><br>L4+                                                               |
| 6pm - 7pm<br><b>Aerial Silks</b><br>Beginners - L3 | 6pm - 7pm<br><b>Acro Dance</b><br>L4+                            | 5:30pm - 7:00pm<br><b>Dev Squad</b><br>Invite Only     | 6pm - 7pm<br><b>Aerial Sling</b><br>L3+     | 6pm - 7pm<br><b>Tumbling</b><br>L3+                             | 6pm - 7pm<br><b>Aerial Hoop</b><br>L4+      | 6pm - 7pm<br><b>Tumbling</b><br>(9+yrs)<br>Beginners - L3                                         |
| 7pm - 8pm<br><b>Adult Aerial Hoop</b><br>Beginners | 6:30pm - 8pm<br><b>Circus Squad</b><br>Invite Only               |                                                        | 7pm - 8pm<br><b>Aerial Silks</b><br>L3+     | 7pm - 8pm<br><b>Circus Skills</b><br>Mixed Levels               | 7pm - 8:30pm<br><b>Circus Squad</b>         | 5:30pm - 7:00pm<br><b>Dev Squad</b><br>Invite Only                                                |
| 8pm - 9pm<br><b>Course</b><br>(changes each term)  | 8pm - 9pm<br><b>Adult Aerial Hoop</b><br>Intermediate / Advanced | 8pm - 9pm<br><b>Adult Aerial Silks</b><br>Mixed Levels |                                             |                                                                 |                                             | 6:30pm - 8pm<br><b>Circus Squad</b>                                                               |

Parties

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.

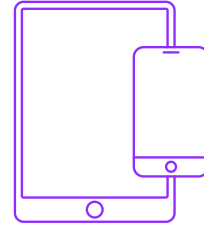
[PAYG - BOOK ONLINE](#)



- 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**



# 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.

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

# UNIFORM

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.

We use two uniform providers:

- Twisted Screen Printing, Bury St Edmunds
- Rock the Dragon



Our brand new collaboration with 'Twisted Screen Print' based on Moreton Hall industrial estate. This is the best place for t-shirts, jackets, and our budget lycra range.

Our other provider 'Rock The Dragon' for our bespoke leotards, leggings, shorts and crop tops. These are handmade in the UK.

**Simply visit the 'shop' page on our website and you can find a link to the full range.**

We have sample leotards in sizes 1 - 4 should you wish to try before you order please speak to Ben or Jamie.

**Circus** - Tight 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. Leotard / unitard / catsuit are highly recommended but not essential.

**Acro** - Leotard, crop top or tight vest. Dance 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** - Leotard, crop top or tight vest. Leggings / unitard / catsuit options available. NO baggy clothing is accepted.

**Tumbling** - Leotard, tight sports t-shirt / vest. Shorts or leggings. NO baggy clothing is accepted.

**Squad Classes** - Leotard / unitard / catsuit, tight sports vest or crop tops with leggings.

# UNIFORM

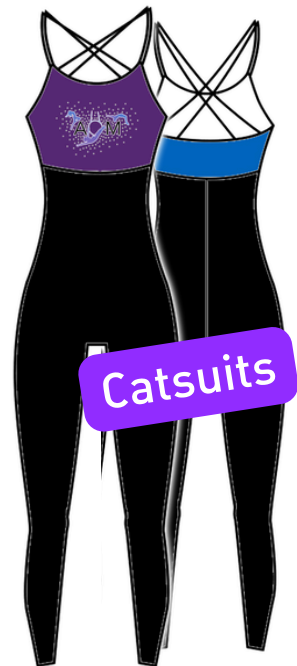
## BLUE OR PURPLE YOU DECIDE!



Onesies



Varsity  
Jackets



Catsuits



T-shirts



Shorts



Leotards



Training  
Tops



Leggings &  
Tracksuit bottoms



# AOM - Shop

We sell grip socks at the AOM reception as well as bags and the following Circus Equipment.



**Before your uniform arrives, please:**

- Wear tight-fitting clothing for safety in all classes.
- Tie up hair neatly in a low bun, plait, or tight ponytail. Acro classes must have a bun or a plait.
- No jewellery is to be worn.
- Use bare feet or grippy socks.
- Bring trainers for Circus classes.
- Avoid clothes with zips or sharp objects to prevent equipment damage and injuries.

# 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

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.

### CHRISTMAS SHOW

Celebrate the festive season with us at our spectacular Christmas Show! Featuring dazzling performances from our Squads and Coaches, this special event showcases incredible skills, festive fun, and plenty of holiday spirit, the perfect way to round off the year with family and friends.

## APRIL

### SPRING PRESENTATION DAY

### EASTER CAMP

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

# YEAR PLAN

## **JUNE/JULY SHOW**

Our annual show will be just before we break up for the summer, giving 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 sensibly and safely 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](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

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.



## STEF

### COACH, SPECIALISING IN DANCE, CIRCUS & AERIAL SILKS



Stef originally trained as a dancer graduating with a first class degree in contemporary dance but when she discovered aerial arts she found her real passion. Stef has worked as a professional aerialist for the best part of a decade performing in some of the biggest traditional circuses in Europe and in the West End London, specialising in aerial silks and her own unique aerial umbrella act. After the pandemic Stef decided to hang up her costume and return to dance and recently qualified as a Royal Academy of Dance teacher and gained her PGCE qualification. When she saw Academy of Movement were looking for a new aerial instructor she jumped at the chance to combine her passion for circus with her new love of teaching!

## MEGAN

### COACH, SPECIALISING IN CIRCUS SKILLS



Megan comes from a versatile background including applied science, film, and health and social care. After initially volunteering at a nursery she then transitioned into the entertainment industry as a children's party entertainer and actor. Her experience includes presenting at business awards and studying at the Identity School of Acting in London, performing in various musicals, including "The Cunning Little Vixen" with the University of Cambridge opera society. In addition to stage acting, Megan has appeared on screen in shows like Eastenders and participated in a Channel 4 documentary about football. Her achievements include winning runner-up actor of the year at LA acting competitions and receiving a scholarship for an intensive acting course in New York. Megan is excited to work with Academy Of Movement as a circus coach and expanding her ever growing knowledge of circus skills.

## LOUISE

### AERIAL COACH, SPECIALISING IN AERIAL HOOP



Louise 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, Louise 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 DANCE & 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. Currently at Level 6 in hoop and tumbling, Isobel also teaches all the disciplines we offer, and her ability to inspire and connect with students is truly commendable. Alongside her coaching, she is studying Chemistry, Biology, and Psychology at West Suffolk College and enjoys riding horses in her free time. Isobel's passion and dedication continue to make a lasting impact on everyone around her.



## EVIE

### ASSISTANT COACH IN CIRUCS, AERIAL, ACRO DANCE & TUMBLING

Evie joined AOM in June 2021, and from the moment she walked through the door, we knew she had something special. She became part of our coaching team in February 2022, and since then, her coaching skills have flourished. Evie teaches all the disciplines we offer, demonstrating remarkable initiative and an incredible ability to connect with students on their level. Her dedication and growth as a coach are truly impressive. Currently, Evie is studying Chemistry, Biology, and English Literature at West Suffolk College, continuing to balance her academic and coaching pursuits with passion and excellence.



## 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 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.



# ACADEMY OF MOVEMENT

## TERMS AND CONDITIONS 2025/2026

### 1. Membership & Subscriptions

#### 1.1 Membership

When you enrol in Academy of Movement (AOM) classes, you become a member on an ongoing basis 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

Membership is charged via a monthly subscription, spreading the cost of 37 weeks of classes per year into 12 equal monthly payments. Some months may have 4 or 5 classes, while others may have fewer, but the payments remain the same to make budgeting simple.

#### 1.4 Payment Method

Payments are taken via card (not direct debit) and processed automatically through ClassForKids. 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.

### 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 and tumbling, 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 in Academy Of Movement classes, you agree to abide by these terms and conditions. Academy Of Movement reserves the right to update these terms and conditions as necessary. Please check our website and/or handbook for the most current version.

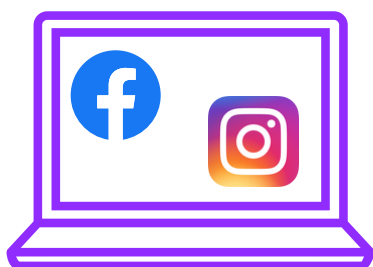
# WE ARE HERE IF YOU NEED US

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 please contact us on any of the below between the hours of **9am - 3pm, Mon - Fri.**



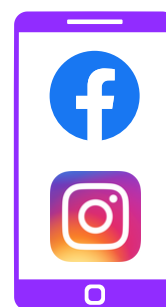
**EMAIL** *\*OUR PREFERED CONTACT METHOD\**

Email Jamie or Ben at:  
[info@academyofmovement.co.uk](mailto:info@academyofmovement.co.uk)



**SOCIAL MEDIA:**

FACEBOOK - ACADEMY OF MOVEMENT  
INSTAGRAM - @ACADEMYOFMOVEMENT



**CALL | TEXT | WATSAPP**

**07934954741**

