



UNIQUE CLASSES IN:
CIRCUS | GYMNASTICS | DANCE

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  sport[®]



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, 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

[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.

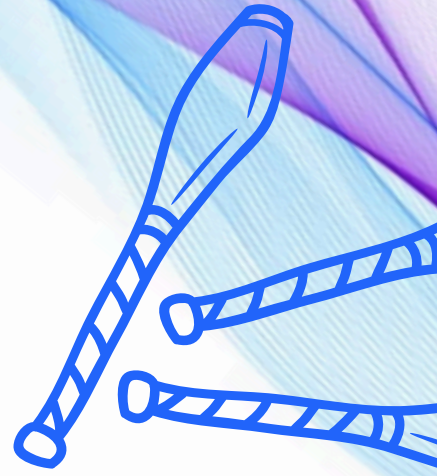
How do you work out my monthly cost as you only run in school term times?

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.

CLASSES

ACADEMY OF MOVEMENT

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!

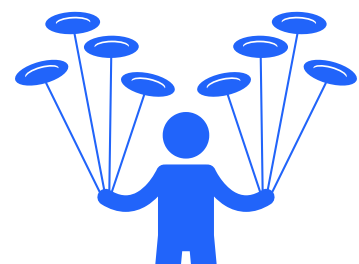
GROUND BASED CIRCUS

(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.



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, partnering 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, creating incredible routines!

CLASSES

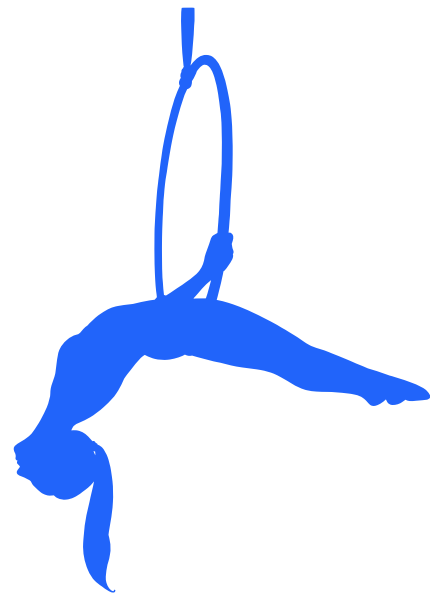
ACADEMY OF MOVEMENT

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.

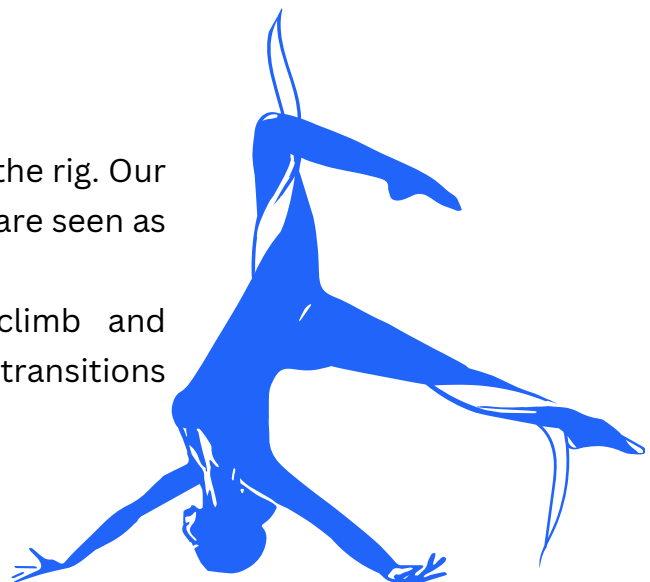
WE RECOMMEND AT LEAST ONE TERM ON SLINGS BEFORE YOU MOVE ON TO SILKS



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!



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

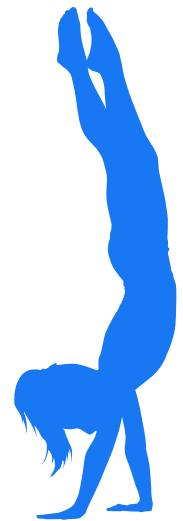
Join us for a magical Circus adventure with your little one! Each week, we start by searching for Rory the Lion, our lovable Circus mascot, before singing our “Big Top” song to reveal the week’s fun theme—whether it’s animals, pirates, or more! Our class takes you through three exciting zones: Circus 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



Home Ed - Gymnastics

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.



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!

***BRAND NEW
FOR THIS
YEAR***

MOVE AND PLAY SESSIONS 0-4yrs

Jump into two hours of non-stop fun at our action-packed soft play gym! You're free to come and go as you like, so get ready to bounce, swing, and play to your heart's content! Soar on the inflatable air track, spring high on the trampoline, or take a thrilling ride on our aerial apparatus. Feeling creative? Build giant block towers, topple them down, and start again! Or, unleash your inner circus star by twirling a spinning plate or mastering the art of hula hooping! There's so much to explore, and the adventure never stops!

Need to catch your breath? Don't worry—we've got you covered with a free cup of coffee with every booking (just redeem it on the day). Whether you're flipping, flying, or just chilling, our soft play gym is the ultimate playground for kids looking to have a blast!

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!

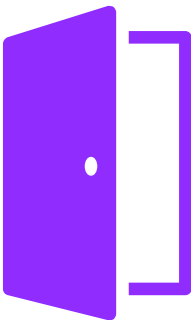
FREE PRACTICE - ADULTS 16+

Take time for yourself with our Adult Free Practice session, every Monday. In this relaxed, self-paced environment, you have full access to our aerial and tumbling equipment, offering the perfect opportunity to focus on your practice. Whether you're refining your technique or just enjoying the freedom of movement, the aerial hoop, silks and tumbling equipment are yours to explore.

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.



AOM

2024 - 2025 TERM DATES

AUTUMN TERM 1

9TH SEPT - 27TH OCT
(HALF TERM 28TH OCT - 3RD NOV)

AUTUMN TERM 2

4TH NOV - 21ST DEC
(CHRISTMAS HOLS 23RD DEC - 5TH JAN)

SPRING TERM 1

6TH JAN - 16TH FEB
(HALF TERM 17TH FEB - 23RD FEB)

SPRING TERM 2

24TH FEB - 6TH APRIL
(EASTER HOLS 7TH APRIL - 20TH APRIL)

SUMMER TERM 1

21ST APRIL - 25TH MAY
(HALF TERM 26TH - 1ST JUNE)

SUMMER TERM 2

2ND JUNE - 19TH JULY

AOM

2024 - 2025 TERM DATES



September 2024						
Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
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23	24	25	26	27	28	29
30						

October 2024						
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28	29	30	31			

November 2024						
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25	26	27	28	29	30	

December 2024						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

January 2025						
Mo	Tu	We	Th	Fr	Sa	Su
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February 2025						
Mo	Tu	We	Th	Fr	Sa	Su
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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 2025						
Mo	Tu	We	Th	Fr	Sa	Su
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24	25	26	27	28	29	30
31						

April 2025						
Mo	Tu	We	Th	Fr	Sa	Su
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2025						
Mo	Tu	We	Th	Fr	Sa	Su
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June 2025						
Mo	Tu	We	Th	Fr	Sa	Su
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July 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			

August 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	

- No regular classes due to school holidays
- Holiday Camp Dates (No regular classes)
- No Classes due to Bank Holiday

AOM

TIMETABLE SEPT - DEC 2024



	MON	TUE	WED	THU	FRI	SAT
9AM						9am - 9:30am Circus ABC's 3½-5yrs
10AM				9:30am - 10:15am Parent & Circus Tots 2½-4½yrs	9:30am - 11:30am Move & Play! 0-4yrs	9:30am - 10:30am Circus Beginners - L3
11AM				10:30am - 11:30am Home Ed Tumbling Mixed Levels	PAYG - BOOK ONLINE	10:30am - 11:30am Mixed Aerial Beginners - L3
12PM						10:30am - 11:30am Tumbling Beginners - L3
1PM						11:30pm - 1pm Free Practice Age 8+
2PM						
3PM						Parties
4PM				3pm - 3:30pm Private Lesson - Ben		
4PM				3:30pm - 4pm Private Lesson - Ben		
4PM	4pm - 5pm Mixed Aerial Beginners - L3	4pm - 5pm Acro Dance Beginners - L3	4pm - 4:30pm Circus ABC's 3½-5yrs	4pm - 5pm Tumbling Beginners - L3	4pm - 5pm Circus Beginners - L3	4pm - 5pm Mixed Aerial Beginners - L3
4PM			4pm - 5pm Mixed Aerial Beginners - L3	4pm - 5pm Tumbling Beginners - L3	4pm - 5pm Circus Beginners - L3	4pm - 5pm Acro Dance Beginners - L3
5PM	5pm - 6pm Acro Dance Beginners - L3	5pm - 6pm Acro Dance L3 - L5	4:30pm - 5:30pm Circus Beginners - L3	5pm - 6pm Tumbling Beginners - L3	5pm - 6pm Circus Beginners - L3	5pm - 6pm Circus Beginners - L3
5PM	5pm - 6pm Aerial Sling Beginners - L3	5pm - 6pm Acro Dance L3 - L5	5:30pm - 6:30pm Circus L4+	5pm - 6pm Mixed Aerial L3+	5pm - 6pm Tumbling Beginners - L3	5pm - 6pm Circus Beginners - L3
6PM	6pm - 7pm Aerial Silks Beginners	6pm - 7pm Aerial Silks Beginners	6:30pm - 8pm Acro Dance Advanced L4+	6pm - 7pm Aerial Sling L3+	6pm - 7pm Tumbling L3+	6pm - 7pm Aerial Hoop L3+
6PM	6pm - 7pm Aerial Silks Beginners	6pm - 7pm Aerial Silks Beginners	6:30pm - 8pm Acro Dance Advanced L4+	6pm - 7pm Tumbling L3+	6pm - 7pm Aerial Hoop L3+	6pm - 7pm Tumbling L5+
7PM	7pm - 8pm Adult Aerial Hoop Beginners	7pm - 8pm Adult Free Practice	8pm - 9pm Adult Aerial Hoop Intermediate / Advanced	7pm - 8pm Aerial Silks L3+	7pm - 8pm Circus Skills Mixed levels	7pm - 8pm Aerial Hoop L5+
7PM	7pm - 8pm Adult Aerial Hoop Beginners	7pm - 8pm Adult Free Practice	8pm - 9pm Adult Aerial Hoop Intermediate / Advanced	7pm - 8pm Aerial Silks L3+	7pm - 8pm Circus Skills Mixed levels	7pm - 8pm Tumbling L3 - L5
8PM			8pm - 9pm Adult Aerial Silks Mixed Levels			
8PM			8pm - 9pm Adult Aerial Silks Mixed Levels			
9PM						

ALL THE ABOVE IS HELD AT:

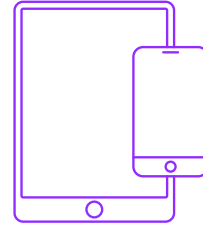
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IP32 7BS

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)
- **LEVEL 3+ CLASSES / OR HIGHER**
- **OPEN TO ALL**
- **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.
NEW RANGE COMING SOON!

We use the uniform provider 'Rock The Dragon'. Simply visit the 'shop' page on our website and you can find a link to the full range. Orders will be sent directly to your door. 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 Dance - 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.

Acrobatics - 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. *Click button below to see our uniform :*



UNIFORM

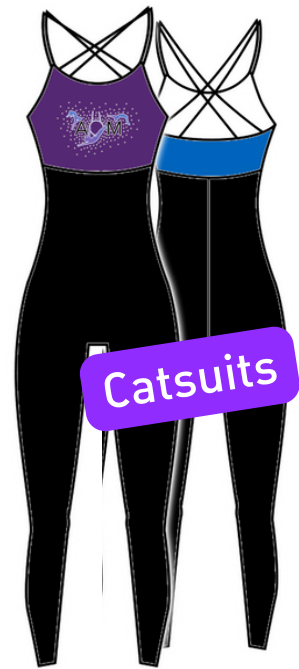
BLUE OR PURPLE YOU DECIDE!



Onesies



Varsity
Jackets



Catsuits



T-shirts



Shorts



Leotards



Training
Tops



Leggings &
Tracksuit bottoms

Buy here :



AOM - Shop

We sell grip socks on our website as well as bags and the below Circus Equipment. Collection will be from behind reception.



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

OCTOBER

(We will confirm the dates for next year's Watching week at a later stage while we focus on settling in this year)

WATCHING WEEK

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

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.

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.

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.

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.

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 voluntar, however If we have a position available, from the age of 15 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.

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.

LIBBY

ASSISTANT COACH IN CIRUCS, AERIAL, ACRO DANCE & TUMBLING



Libby joined AOM during our Zoom lessons in January 2021, during lockdown, and quickly became a dedicated member of our community. Once we reopened, she eagerly attended classes and soon expressed an interest in coaching. In May 2021, Libby joined our Young Leader programme, where she has excelled in connecting with students. She now works as an assistant coach for circus classes and various holiday camps, demonstrating both skill and passion. Libby is currently studying for her GCSEs, balancing her academic work with her role at AOM.

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.

JAYDEN

ASSISTANT COACH IN CIRCUS & TUMBLING



Jayden joined AOM in 2022, bringing his powerful tumbling skills. Teaching tumbling, circus, and Circus ABC's classes, he is developing into a strong and confident coach. With many brothers and sisters, Jayden was the perfect fit for our Young Leader Scheme, showing natural leadership and connection with younger students. His clear passion for gymnastics and circus arts shines through in his coaching, making him a fantastic asset in assisting with our tumbling, gymnastics, and circus classes.

ACADEMY OF MOVEMENT

TERMS AND CONDITIONS 2024/2025

Effective Date: [September 2024]

Last Updated: [September 2024]

1 - Payments & Enrolment

1.1. Membership:

When you enrol in Academy Of Movement (AOM) classes, you become a member of AOM and are considered an ongoing participant unless otherwise specified by AOM or by giving one month's notice in writing to AOM.

1.2. Payment Method:

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.

1.3. Billing Date:

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. If payment hasn't been made via the link provided within 48 hours of this email, your subscription will be cancelled, and students cannot participate in classes until this has been reset.

1.4. Payment Card:

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, please contact us. This procedure ensures compliance with the terms and conditions outlined herein.

1.5. Late Payment Charge:

Subscriptions that fail after three consecutive attempts will incur a £5 late payment charge, which will be added to your next subscription as a covering payment, to cover admin costs associated with managing overdue payments.

1.6. Refunds:

All class bookings are non-refundable, regardless of whether classes are missed due to illness, holidays, or other circumstances.

2 - Class Trials & Waiting List

2.1. Trial Classes:

Following your first trial class, you will receive an email containing detailed information in our class handbook. After completing your second trial class, if you choose to continue, you will receive an invitation to set up monthly subscription payments.

2.2. Waiting List:

Students on the waiting list will be contacted in the order of their placement. If we receive no response within 48 hours, a phone call will be made, allowing an additional 24-hour window to respond before the place is offered to the next student on the waiting list.

3 - Workshop and Camp Terms

3.1. Payments:

Workshop and camp payments are taken at the time of booking to secure your space.

3.2. Refunds:

Payment for workshops and camps bookings is non-refundable, regardless of whether camps are missed due to illness, holidays, or other circumstances. Note that payment terms may vary when early bird discounts are applicable.

4 - General

4.1. Personal Belongings:

Academy Of Movement accepts no responsibility for the loss or damage of personal belongings while on the premises.

4.2. Liability:

Academy Of Movement assumes no liability for injuries sustained during class participation or while on the premises.

4.3. Uniform, Hair and Jewellery:

Students must wear the prescribed uniform and necessary hair requirements for specific classes. Jewellery is not allowed.

4.4. Full Participation:

Students are expected to actively engage and work to their full potential during class.

4.5. Information Updates:

Any changes to the information provided at the time of booking should be promptly communicated to Academy Of Movement.

4.6. Class Rules:

Chewing gum is not permitted in class, and only water is allowed in the gym. Disruptive, bullying, or offensive language will not be tolerated. Student rules can be found in the class handbook.

5 - Attendance

5.1. Prompt Arrival:

Children must arrive on time for classes and be collected promptly. Latecomers may have to wait outside until an appropriate time to join the class. Arrivals after 15 minutes may be denied admission.

5.2. Commitment to Classes:

Students are expected to commit fully to all classes, and repeated absences are not tolerated. Class sizes are limited, and waiting lists are common. Students missing more than three classes in a term without prior notice may be removed from the class.

6 - Illness/Injury

6.1. Health Condition:

Parents must not allow their child to attend Academy Of Movement if they are unwell or have an injury preventing full participation, including contagious illnesses such as Chicken Pox, Head Lice, Common Cold, Flu, or COVID-19 symptoms, following government advice.

7 - Other

7.1.- Course Cancellations:

In rare cases where circumstances beyond Academy Of Movement's control necessitate course cancellations, customers will be contacted. Options may include rescheduling or, in some cases of cancellation, a full refund.

7.2. Class Cancellations:

AOM reserves the right to cancel a class if there are fewer than four participants. Efforts will be made to place students in alternative classes or offer pro-rata refunds when appropriate.

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.

For any enquiries or to cancel your subscription, please contact us.

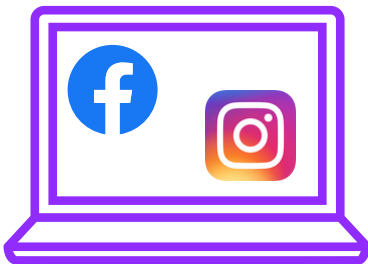
WE ARE HERE IF YOU NEED US

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.**



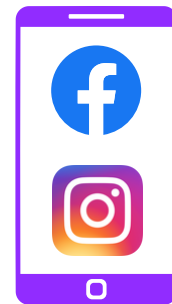
EMAIL **OUR PREFERED CONTACT METHOD**

Email Jamie or Ben at:
info@academyofmovement.co.uk



SOCIAL MEDIA:

FACEBOOK - ACADEMY OF MOVEMENT
INSTAGRAM - @ACADEMYOFMOVEMENT



CALL | TEXT | WATSAPP

07934954741

