

We are open
47 weeks
of the year!

Acrobatics for **ALL**
ages and abilities!

Version: 23/10/2020

Acrobatic weekly class programme:

Time	Mon	Tues	Wed	Thurs	Fri
9.30-10.15	Gymtots 2-3yrs	Gymtots 2-3yrs	Babygym 1-2yrs	Supertots 3yrs +	Gymtots 2-3yrs
10.30-11.15	Babygym 1-2yrs	Babygym 1-2yrs	Gymtots 2-3yrs	Babygym 1-2yrs	Babygym 1-2yrs
11.30-12.15	Supertots 3yrs +	Gymtots 2-3yrs	Supertots 3yrs +	Gymtots 2-3yrs	Supertots 3yrs +
12.30-13.15	Fledglings 3yrs + PF	Fledglings 3yrs + PF	Fledglings 3yrs + PF	Fledglings 3yrs + PF	Fledglings 3yrs + PF
13.30-14.15	Fledglings 3yrs + PF	Supertots 3yrs +	Supertots 3yrs +	Fledglings 3yrs + PF	Fledglings 3yrs + PF
14.30-15.15	Fun4Baby COURSE 4mths- Pre-walking	Fledglings 3yrs + PF	Fledglings 3yrs + PF	Fun4Baby COURSE 4mths- Pre-walking	Fun4Baby COURSE 4mths- Pre-walking
15.45-16.30	Gyminis 4-5yrs	Gyminis 4-5yrs	Gyminis 4-5yrs	Gyminis 4-5yrs	Gyminis 4-5yrs
16.00-17.00	Junior 1 5-6yrs	Junior 1 5-6yrs	Junior 1 5-6yrs	Junior 1 5-6yrs	Junior 1 5-6yrs
16.30-17.30	Junior 2 6-7yrs	Junior 2 6-7yrs	Junior 2 6-7yrs	Junior 2 6-7yrs	Junior 2 6-7yrs
17.00-18.00	Junior 3 7-8yrs	Junior 3 7-8yrs	Junior 3 7-8yrs	Junior 3 7-8yrs	Junior 3 7-8yrs
17.30-18.30	Junior 4 8-9yrs	Junior 4 8-9yrs	Junior 4 8-9yrs	Junior 4 8-9yrs	Junior 4 8-9yrs
18.00-19.00	Junior 5 9-10yrs	Junior 5 9-10yrs	Junior 5 9-10yrs	Junior 5 9-10yrs	Junior 5 9-10yrs
18.30-19.30	Junior 6 10-11yrs	Junior 6 10-11yrs	Junior 6 10-11yrs	Junior 6 10-11yrs	Junior 6 10-11yrs
19.00-20.15	Youth 11-13yrs	Youth 11-13yrs	Youth 11-13yrs	Youth 11-13yrs	Youth 11-13yrs
19.45-21.15	Teens 14+yrs		Teens 14+yrs	Teens 14+yrs	Teens 14+yrs

Time	Sat	Time	Sun
9.15-10.00	Gyminis 4-5yrs	10.00-11.00	Additional Needs 5+ yrs, coach led & coach referral only
10.00-11.00	Junior 1 5-6yrs	11.00-12.00	Additional Needs Drop-in, with parent. Mixed age
11.00-12.00	Junior 2 6-7yrs	13.00	Workshops & Short courses Details are announced on social media and by email to members
12.00-13.00	Junior 3 7-8yrs		
13.00-14.00	Junior 4 8-9yrs		
14.00-15.00	Junior 5 9-10yrs		
15.00-16.00	Junior 6 10-11yrs		
		16.00	

We offer **catch-up**
sessions!

ADULT COURSES:

Tues	Thurs
Flying Fossils course 19.45-21.30	Flying Fossils 19.45-21.30

OPEN during **half terms** and
most **bank holidays**

Fun4Baby (4 mths – pre-walking, 45 mins)

Due to health and safety reasons, these sessions will be running as 4-week courses. Please email contact@primeacrobatics.com to be added to our Fun4Baby waiting list.

Designed to further the bond between parent and baby in a fun, clean, safe and friendly environment. We use a multi-sensory approach with the help of music, hand apparatus and age-appropriate equipment.

Babygym (walking, 1-2 yrs, 45 mins)

These classes are with parent; unstructured and based around a circuit of coach-led activity stations where your child can explore and discover movement at their own pace. Through music and action songs the children gain experience of social interaction with adults and children outside their family unit.

Gymtots (2-3 yrs, 45 mins) **and Supertots** (3+ yrs, 45 mins)

Supported by a parent, these coach-led classes are more structured and give children the opportunity to use all the gymnastics and circus skills equipment. They can get to grips and have fun with age/ ability-appropriate challenges at their own pace.

Fledglings (3+ yrs, parent free, 45 mins) Coach referral is required for Fledglings classes

This is the first opportunity to join a class without a parent. Classes are designed to help develop basic motor skills including balance, coordination and spatial awareness. Your child will learn to interact in a group situation and take instruction from an adult other than their parent/ guardian, while developing their skills at their own pace on all pieces of gymnastic and circus apparatus in an enjoyable atmosphere. Before moving children into a Fledglings class, we first like to see them in a Supertots class so our coaches can make an informed decision on whether the child is ready to cope with a parent-free class.

Gyminis (Reception age 4-5 yrs, parent free, 45 mins)

These classes for reception-age school children introduce them to our acrobatic club classes, where they work in small groups of 6:1 with a British Gymnastics qualified coach. Each child now starts working through Prime's very own Reward Scheme*, where they are challenged according to their own ability.

Junior 1 – 6 (5-11 yrs, 1 hr)

These hour-long classes for junior school age children help them to advance and continue to develop their gymnastics, acrobatics, aerial and circus skills in a more disciplined environment, challenging themselves to move up through the Reward Scheme*.

Youth (11-13 yrs, 1 hr 15 mins) **and Teens** (14-16 yrs, 1hr 30 mins)

We use the Reward Scheme* to keep these young adults motivated and challenged. We help them develop their strength, mobility and awareness to expand the range and number of skills in their repertoire. Some may wish to specialise on their preferred piece or two of apparatus, do some partner work or undertake displays or competitions.

Flying Fossils (Adult 16+ yrs, 1 hr 45 mins) 4-week courses must be pre-booked

GIFT CARDS AVAILABLE

Participants in this class range from ex-gymnasts to complete beginners who have been itching to have a go at our wide variety of acrobatic apparatus and disciplines. Classes are semi-structured and adults can work under the guidance of coaches towards their own goals, whether those are for the Stunt Register or simply to have fun, keep fit and learn new skills.

Additional Needs – Once you've registered for these classes, just drop in, sign in and pay on arrival

Sundays @ 10.00-11.00 | 5+ yrs, coach led and coach referral is required | £10.00 per class

Sundays @ 11.00-12.00 | all ages, with parent | £8.00 per class

Sundays @ 12.00-13.00 | all ages, with parent, more structured and coach referral is required | £8.00 per class

At Prime, we integrate some children with additional needs into our mainstream classes, while those requiring more specialised assistance can drop in to our popular and progressive Sunday morning classes. The children get to use all Prime's gymnastics, acrobatics, aerial and circus skills apparatus under the direction of our qualified coaches. Call Erica on 01483 757777 to discuss your child's needs and register with us and we can guide you towards the most appropriate class for your family.

***Prime Acrobatics Reward Scheme**

Our Reward Scheme starts from beginners Level 7 to Level 1, where children receive a certificate for each level achieved, and then on to Bronze, Silver and Gold Levels, where they receive a medal. Each level has 13 gymnastic, acrobatic, aerial and circus skills and children need to perform 10 of those 13 moves to achieve that level. Early in the Scheme, children generally progress quite quickly but as the levels become harder it takes longer to progress through the Scheme.

***10% sibling discount and student discounts for our adult classes.**

Please contact us to find out more or to book a Taster session!

Prime Acrobatics

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