



2022 ACROBATICS SCHEDULE

WARANA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:30pm						
3:45pm	Acro Skills SILVER 3:30-4:30pm	Acro Skills BLUE 3:30-4:15pm	Acro Skills SILVER 3:45 - 4:45pm	Acro Ext. LEVEL 1 3:30 -4:30pm	Acro Skills BLUE 3:45 - 4:30pm	TUMBLING LEVEL 2 3:30 - 4:30pm
4:00pm						
4:15pm						
4:30pm	TUMBLING LEVEL 3 4:30-5:30pm	Acro Ext. LEVEL 3 4:30-5:30pm	Acro Skills BLUE 4:15 - 5:00pm	Acro Ext. LEVEL 2 4:30 - 5:30pm	Acro Skills BLUE 4:30 - 5:15pm	Acro Skills SILVER 4:30 - 5:30pm
4:45pm						
5:00pm						
5:15pm						
5:30pm	ELITE TUMBLING 5:30 - 6:30	Acro Ext. LEVEL 4 5:30 - 6:30pm	Acro Ext. LEVEL 5 & 6 4:45 - 5:45pm	Acro Ext. LEVEL 2 5:30 - 6:30pm	Acro Skills BLUE 5:30 - 6:30pm	Acro Ext. LEVEL 2/3 10:00-11:00am
5:45pm						
6:00pm						
6:15pm						
6:30pm						
6:45pm	Acro Ext. LEVEL 4/5 6:30 - 7:30pm	Acro Skills GOLD 6:30 - 7:30pm	Acro Ext. LEVEL 5 & 6 5:30 - 6:30pm	Acro Ext. LEVEL 3/4 5:30 - 6:30pm	Acro Skills BLUE 6:30 - 7:30pm	Acro Ext. LEVEL 5 11:00-12:00pm
7:00pm						
7:15pm						
7:30pm						

ACRO SKILLS

An exciting and fun program designed to develop the foundations of acrobatics and help students progress with their skills. Students will develop strength, flexibility and balance in a fun and safe environment.

BLUE | Ages 5 - 7

SILVER | Ages 8 - 10

GOLD | Ages 11 +

ACRO EXTENSION

This is a set program for students wanting to progress their skills, with levels 1-6 which have skill criteria applied to each level. Classes also include strength and stretch components to develop endurance and flexibility. Entry to these classes is by assessment.

LEVEL 1, 2, 3 | Ages 6-9

LEVEL 4, 5, 6 | Ages 10 +

TUMBLING

Tumbling classes are taken in addition to our Acro Extension classes. These classes are dedicated to drills and progressions to develop power tumbling skills including back handsprings, aerial cartwheels and more. Entry into tumbling classes are by assessment.

TUMBLING LEVEL 2

TUMBLING LEVEL 3

ELITE TUMBLING

STRENGTH & STRETCH

Taken in addition to our Acro Extension or aerial classes, our strength and stretch classes are designed to help build strength, flexibility and cardio endurance to benefit your acrobatics and aerial training.

STRETCH & STRENGTH

PERFORMANCE TEAM

Just Acrobatics Performance Teams offer motivated students the opportunity to perform and represent Just Acrobatics at a variety of eisteddfods, competitions and shows throughout the year. Entry into the performance teams is via an annual audition process.

P.TEAM



2022 AERIAL SCHEDULE WARANA

	MONDAY		TUESDAY	THURSDAY		FRIDAY		SATURDAY
3:30pm	SILKS Level 1 & 2 3:30 – 4:30pm	SILKS Level 3 & 4 3:30 – 4:30pm	AERIAL VARIETY Kids 3:30 – 4:15pm	SILKS Level 1 & 2 3:30 – 4:30pm	SILKS Level 3 & 4 3:30 – 4:30pm	INTER AERIAL P.TEAM 3:30 – 4:30pm	LYRA Level 2 3:30 – 4:30pm	SILKS Level 5 & 6 10:00 – 11:00am
3:45pm								
4:00pm								
4:15pm	SILKS Level 5 & 6 4:30 – 5:30pm		AERIAL STRETCH & STRENGTH 4:15 – 5:00pm	OPEN AERIAL P.TEAM 4:30 – 5:30pm		LYRA Level 3 4:30 – 5:30pm	LYRA Level 4 4:30 – 5:30pm	SILKS Level 3 & 4 11:00am – 12:00pm
4:30pm								
4:45pm								
5:00pm	SILKS Level 7 & 8 5:30 – 6:30pm		AERIAL VARIETY Pre-Teen 5:00 – 6:00pm	SILKS Elite 5:30 – 7:00pm		LYRA Elite 5:30 – 7:00pm		SILKS Level 1 & 2 12:00pm – 1:00pm
5:15pm								
5:30pm								
5:45pm			AERIAL VARIETY Teens 6:00 – 7:00pm					
6:00pm								
6:15pm								
6:30pm								
6:45pm								
7:00pm								
7:15pm								
7:30pm								

AERIAL VARIETY

Aerial Variety offers students an opportunity to develop the fundamental aerial skills on silks, lyra, trapeze and other aerial apparatus'. This is a great pathway into our specific classes or allows students to enjoy aerials without specialisation.

KIDS | Ages 7 - 9

PRE-TEEN | Ages 9 - 12

TEENS | Ages 13 +

SILKS

Learn how to climb, swing, wrap, drop, balance and more on the aerial silks. Silks classes specialises in one apparatus, allowing students to work on developing skills and build sequences. Our silks program progresses through levels 1 – 8 then to Elite level. Silks classes are open to students ages 8 +.

1 2 3 4 5 6 7 8 ELITE

LYRA

Lyra students work on an aerial hoop, suspended from the ceiling, to position their bodies into different tricks and poses. Students will work on building the strength and stamina on the lyra required to perform skills in succession. Our program is based on 5 levels with skill criteria for progressing between levels. Lyra classes are available to students ages 8 +.

1 2 3 4 ELITE

PERFORMANCE TEAM

Our aerial performance team works to develop their creativity and sequencing on various aerial apparatus'. The team have the opportunity to work on group and individual routines to perform at shows and aerial competitions throughout the year.

P.Team



2022 ACROBATICS SCHEDULE

MUDJIMBA

Northshore Community Centre

	MONDAY	TUESDAY
3:30pm		Acro Skills BLUE 3:30 – 4:15pm
3:45pm	Acro Skills BLUE 3:45 – 4:30pm	
4:00pm		
4:15pm		Acro Skills SILVER 4:15 – 5:15pm
4:30pm	Acro Skills SILVER 4:30 – 5:30pm	
4:45pm		
5:00pm		Acro Ext. LEVEL 3 & 4 5:15 – 6:15pm
5:15pm		
5:30pm	Acro Skills GOLD 5:30 – 6:30pm	
5:45pm		
6:00pm		
6:15pm		
6:30pm		

REDCLIFFE

Redcliffe Entertainment Centre

	THURSDAY
3:30pm	
3:45pm	Acro Skills BLUE 3:45 – 4:30pm
4:00pm	
4:15pm	
4:30pm	Acro Skills SILVER 4:30 – 5:30pm
4:45pm	
5:00pm	
5:15pm	Acro Ext. 5:30 – 6:30pm
5:30pm	
5:45pm	
6:00pm	Acro Skills GOLD 6:30 – 7:30pm
6:15pm	
6:30pm	
6:45pm	
7:00pm	
7:15pm	
7:30pm	

ACRO SKILLS

An exciting and fun program designed to develop the foundations of acrobatics and help students progress with their skills. Students will develop strength, flexibility and balance in a fun and safe environment.

BLUE | Ages 5 – 7

SILVER | Ages 8 – 10

GOLD | Ages 11 +

ACRO EXTENSION

This is a set program for students wanting to progress their skills, with levels 1-6 which have skill criteria applied to each level. Classes also include strength and stretch components to develop endurance and flexibility. Entry to these classes is by assessment.

LEVEL 1, 2, 3 | Ages 6-9

LEVEL 4, 5, 6 | Ages 10 +