



2021 ACROBATICS SCHEDULE

- WARANA -

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
3:30pm	Acro Skills SILVER 3:30-4:30pm	Acro Skills BLUE 3:30-4:15pm	Acro Ext. LEVEL 2 3:30 - 4:30pm	Acro Skills BLUE 3:30 - 4:15pm	Acro Skills SILVER 3:45 - 4:45pm	INTER P. TEAM 3:30- 4:45pm	Acro Ext. LEVEL 1 3:30 -4:30pm	Acro Skills BLUE 3:30 - 4:15pm	TUMBLING LEVEL 3 3:30 - 4:30pm	Stretch & Strength 3:45 - 4:30pm	Acro Skills SILVER 9:00 - 10:00am	Acro Skills BLUE 9:15 - 10:00am
3:45pm												
4:00pm	TUMBLING LEVEL 2 4:30-5:30pm	Stretch & Strength 4:45 - 5:30pm	Acro Ext. LEVEL 3 4:30-5:30pm	Acro Skills BLUE 4:15 - 5:00pm	Acro Ext. LEVEL 5 & 6 4:45 - 5:45pm	SENIOR P. TEAM 4:45 - 6:00pm	Acro Ext. LEVEL 2 4:30 - 5:30pm	Acro Skills BLUE 4:15 - 5:00pm	ELITE TUMBLING 4:30 - 5:30pm		Acro Ext. LEVEL 2 10:00- 11:00am	
4:15pm												
4:30pm	TUMBLING LEVEL 3 5:30 - 6:30	Stretch & Strength 5:30- 6:15pm	Acro Ext. LEVEL 4 5:30 - 6:30pm				Acro Ext. LEVEL 3 5:30 - 6:30pm		Acro Ext. LEVEL 5 & 6 5:30 - 6:30pm		Acro Ext. LEVEL 4 & 5 11:00-12:00pm	
4:45pm												
4:45pm	Acro Ext. LEVEL 4 6:30 - 7:30pm		Acro Skills GOLD 6:30 - 7:30pm		ADV. P. TEAM 6:00 - 7:30pm	ELITE P. TEAM 6:00 - 7:30pm	Acro Skills GOLD 6:30 - 7:30pm					
5:00pm												
5:15pm												
5:30pm												
5:30pm												
5:45pm												
6:00pm												
6:15pm												
6:30pm												
6:45pm												
7:00pm												
7:15pm												
7:30pm												
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



2021 ACROBATICS SCHEDULE - MUDJIMBA -

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

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. This level 3 & 4 class combination is only available at Mudjimba.

LEVEL 3 & 4 | Ages 6 +



2021 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	INTRO TO AERIAL VARIETY 3:30 – 4:15pm	SILKS Level 1 & 2 3:30 – 4:30pm	SILKS Level 3 & 4 3:30 – 4:30pm	LYRA Level 1 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			AERIAL VARIETY Kids 4:15pm – 5:00pm					
4:30pm	SILKS Level 5 & 6 4:30 – 5:30pm			SILKS Level 7 & 8 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
4:45pm								
5:00pm								
5:15pm			AERIAL VARIETY Pre-Teens 5:00 – 6:00pm					SILKS Level 1 & 2 12:00pm – 1:00pm
5:30pm				SILKS Elite 5:30 – 7:00pm		LYRA Elite 5:30 – 7:00pm		
5:45pm								
6:00pm								
6:15pm			AERIAL VARIETY Teens 6:00 – 7:00pm					
6:30pm	Aerial P.Team 6:30 – 7:30pm							
6:45pm								
7:00pm								
7:15pm								
7:30pm								

AERIAL VARIETY

Aerial Variety offers students an opportunity to develop the fundamental aerial skills on a number of apparatus including silks, lyra and trapeze. This is a great pathway into our specific aerial classes.

INTRO | Ages 6 – 8

KIDS | Ages 6 – 8

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