

Youth Club. *Recreational Youth Acro Program*

Introducing **Youth Club**, *Recreational Youth Acro Program* at The Acro Studio.

We are excited to announce our first ever youth program at The Acro Studio! Our initial 5-week program will take part during the second half of Term 1 on Friday evenings for 90 minutes.

The program incorporates basic elements of tumbling, handstands & partner acrobatics. There are no prerequisite levels of fitness or experience. Beginners are welcome. Classes will be structured to include warm up, mobility, conditioning & partner activities. Participants will work both individually & in groups in a supportive & safe environment.

Our program promotes fitness, teamwork, creativity & fun. We encourage our students to be creative with the activities while learning the foundations of partner acrobatics. The classes are adapted to the participants in attendance, therefore skills can be broken down into progressions, or made more challenging, depending on the needs of the individual.

Safety is our highest priority at The Acro Studio. Safety information is provided & spotting techniques are taught to ensure the safety of all participants. Our coaches provide support & guidance throughout classes including clear instruction & demonstration of activities. The Acro Studio is equipped with soft gymnastics flooring, crash mats & other basic gym equipment, but most importantly a large amount of space.

Below are some examples of what to expect in this program.



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Age group:

Minimum age 16

Program Dates:

Friday 06/03/2020

Friday 13/03/2020

Friday 20/03/2020

Friday 27/03/2020

Friday 03/04/2020

Program Times:

6:45-8:15 (arrive at 6:30, doors close at 8:30).

Program Cost:

\$175 (\$35 per session)

Registrations:

Complete the attached form, scan & email to: Chris@theacrostudio.com.au to register your interest by **Friday 28th February 2020**.

Confirmation will be sent with payment details on Monday 2nd March 2020.

Capacity:

As this is our initial youth program, participants will be capped at 20.
There will be 2 coaches facilitating each session.

Location:

8/3 Apollo Street

Warriewood NSW 2102

More information:

Website: www.theacrostudio.com.au

Facebook: The Acro Studio

Instagram: theacrostudio

Contact:

Chris Brown (Owner & Head Coach)

chris@theacrostudio.com.au

0429182020



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Registration Form

Please complete this form to register your interest.

Participants Full Name	
Participants Date of Birth	
Participants School	
Parent/Guardian Name	
Parent/Guardian Phone Number	
Parent/Guardian Email	
Residential Address	
Does the participant have a Medical Condition (if yes, please specify)	
Additional Information or Special Considerations	

Thank you for registering.

One of our staff will contact regarding enrollment confirmation.



