



Levels & Programs Offered

Ages 3–5, 6–10, and 11–16 Years Old

Acrobatic Gymnastics | Aerial Gymnastics | Circus Arts

SCROLL DOWN FOR FULL CLASS SCHEDULE

Kids 3–5 Years Old — Mini Acrobatic & Aerial Gymnastics

PROGRAM DESCRIPTION

A fun and engaging introduction to acrobatic & aerial gymnastics through games, imaginative play, and creative movement!

STUDENTS WILL DEVELOP

- Forward and backward somersaults
- Cartwheels
- Handstands
- Jumps and basic tumbling
- Balance and coordination
- Core strength
- Cardiovascular fitness
- Introduction to aerial gymnastics

This class focuses on building strength, confidence, flexibility, and body awareness in a safe, supportive, and exciting environment.

Recreational: Ages 6-10, 11-16+

Goal: *Build fundamental acrobatic and movement skills with a focus on health, fitness, and fun.*

BASIC SKILLS

- Somersaults
- Cartwheels
- Handstands
- Jumps
- Balance exercises
- Core strengthening
- Flexibility training

- Calisthenics

Class Size: Maximum of 10 students per group.

Performer: Ages 6-10, 11-16+

***Goal:** Develop performance skills by combining acrobatics, aerial arts, and storytelling.*

PROGRAM INCLUDES

- All basic skills
- Tumbling (back handsprings, aerials, etc.)
- Handstands
- Elbow stands
- Pike holds
- Partner acrobatics
- Acro team performances
- Aerial performances
- In-house shows featuring acting and storytelling

Class Size: Maximum of 20 students per group (maximum 50 students per show).

Elite Performer: Ages 6-10, 11-16+

The Elite Team is for students who are ready to advance from the Performers program to larger public performances. Students will receive advanced training in acrobatics, acting, and dance while preparing for performances on bigger stages.

REQUIREMENTS

- Must participate in all in-house shows.
- Must perform in a minimum of four shows per year to remain eligible for the Elite Team.

OPPORTUNITIES

- Public performances
- Advanced performance training
- Special events and showcases

Class Size: Maximum of 15 students per group.

Competitive Team: Ages 6-10, 11-16+

Including Pre-Competitive and Competitive Levels

***Goal:** Prepare and perform high-level routines for acrobatic competitions.*

Competition Requirement: Participate in approximately three competitions per year.

PROGRAM INCLUDES

- All basic skills
- Advanced acrobatic skills
- Handstand balancing
- One to two aerial routines
- Acting and storytelling integrated into routines
- Competition routine development and performance preparation

Class Size: Maximum of 20 students.

Attendance: Children must attend 2–3 times a week.

UPA CLUB FEES:

(DO NOT INCLUDE COMPETITION HOST FEES)

Participation Fees	
Solo	\$100
Duo	\$60
Trio	\$50
Organisation Fees	
Per Competition	\$100

All programs are structured for ages 6–10 and 11–16, with class placement based on skill level and instructor evaluation.



Class Schedule

Acrobatic Gymnastics | Aerial Gymnastics | Circus Arts

Kids 3–5 Years Old — Mini Acrobatic & Aerial Gymnastics

Programs / Services	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Acro Foundations • Basic motoric skills • Balance • Flexibility • Strength skills • Intro to basic acro skills	5pm–6:30pm	—	5pm–6:30pm	—	5pm–6:30pm	11am–12:30pm	—

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- Balance and coordination
- Core strength
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- Introduction to aerial gymnastics

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Kids 6–10 Years Old — Acrobatic & Aerial Gymnastics

Programs / Services	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Acro Foundations • Flexibility • Strength • Balance • Acro Yoga • Basic Acro Skills	—	4:30pm–6:00pm Level Recreational	—	4:30pm–6:00pm Level Recreational	—	—	12pm–1:30pm (girls only) Level Recreational
Calisthenics • Strength • Flexibility • Body Control	—	—	6pm–7pm Level Recreational	—	6pm–7pm Level Recreational	—	—
Acro Foundations+ • Flexibility • Strength • Balance • Basic Acro Skills • Advanced Acro Skills Prep	6pm–7pm Level Performer Elite Performer Pre-competitive Competitive	6pm–7pm Level Recreational Performer Elite Performer Pre-competitive	6pm–7pm Level Performer Elite Performer Pre-competitive Competitive	6pm–7pm Level Recreational Performer Elite Performer Pre-competitive Competitive	6pm–7pm Level Performer Elite Performer Pre-competitive Competitive	10am–11am Level Recreational Performer Elite Performer Pre-competitive	—
Advanced Acro Skills • Floor Tumbling • Handstand Balance (Équilibre) • Hand-to-Hand • Acro Yoga • Acro Pyramids	7pm–8pm Level Performer Elite Performer Pre-competitive Competitive	7pm–8pm Level Recreational Performer Elite Performer Pre-competitive	7pm–8pm Level Performer Elite Performer Pre-competitive Competitive	7pm–8pm Level Recreational Performer Elite Performer Pre-competitive	7pm–8pm Level Performer Elite Performer Pre-competitive Competitive	11am–12pm Level Recreational Performer Elite Performer Pre-competitive	—
Aerial Gymnastics • Hoop • Hammock • Silks • Loop Straps • Aerial Ball • Aerial Rope	8pm–9:30pm Level Performer Elite Performer Pre-competitive Competitive	8pm–9pm Level Recreational Performer Elite Performer Pre-competitive	8pm–9:30pm Level Performer Elite Performer Pre-competitive Competitive	8pm–9pm Level Recreational Performer Elite Performer Pre-competitive	8pm–9:30pm Level Performer Elite Performer Pre-competitive Competitive	12pm–1pm Level Recreational Performer Elite Performer Pre-competitive	—

Kids 6–10 Years Old — Circus Arts Skills

Programs / Services	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circus Arts Skills • Juggling • Rolla Bolla • Hoop • Unicycle	4:30pm–6pm	—	4:30pm–6pm	—	4:30pm–6pm	—	—

Kids & Teens 11–16 Years Old — Acrobatic & Aerial Gymnastics

Programs / Services	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Acro Foundations • Flexibility • Strength • Balance • Acro Yoga • Basic Acro Skills	—	4:30pm–6:00pm Level Recreational	—	4:30pm–6:00pm Level Recreational	—	—	12pm–1:30pm (girls only) Level Recreational
Calisthenics • Strength • Flexibility • Body Control	—	—	6pm–7pm Level Recreational	—	6pm–7pm Level Recreational	—	—
Acro Foundations+ • Flexibility • Strength • Balance • Basic Acro Skills • Advanced Acro Skills Prep	6pm–7pm Level Performer Elite Performer Pre-competitive Competitive	6pm–7pm Level Recreational Performer Elite Performer Pre-competitive	6pm–7pm Level Performer Elite Performer Pre-competitive Competitive	6pm–7pm Level Recreational Performer Elite Performer Pre-competitive Competitive	6pm–7pm Level Performer Elite Performer Pre-competitive Competitive	10am–11am Level Recreational Performer Elite Performer Pre-competitive	—
Advanced Acro Skills • Floor Tumbling • Handstand Balance (Équilibre) • Hand-to-Hand • Acro Yoga • Acro Pyramids	7pm–8pm Level Performer Elite Performer Pre-competitive Competitive	7pm–8pm Level Recreational Performer Elite Performer Pre-competitive	7pm–8pm Level Performer Elite Performer Pre-competitive Competitive	7pm–8pm Level Recreational Performer Elite Performer Pre-competitive	7pm–8pm Level Performer Elite Performer Pre-competitive Competitive	11am–12pm Level Recreational Performer Elite Performer Pre-competitive	—
Aerial Gymnastics • Hoop • Hammock • Silks • Loop Straps • Aerial Ball • Aerial Rope	8pm–9:30pm Level Performer Elite Performer Pre-competitive Competitive	8pm–9pm Level Recreational Performer Elite Performer Pre-competitive	8pm–9:30pm Level Performer Elite Performer Pre-competitive Competitive	8pm–9pm Level Recreational Performer Elite Performer Pre-competitive	8pm–9:30pm Level Performer Elite Performer Pre-competitive Competitive	12pm–1pm Level Recreational Performer Elite Performer Pre-competitive	—

Kids & Teens 11–16 Years Old — Circus Arts Skills

Programs / Services	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circus Arts Skills • Juggling • Rolla Bolla • Hoop • Unicycle	4:30pm–6pm	—	4:30pm–6pm	—	4:30pm–6pm	—	—

Schedules and class levels are subject to change. Please confirm current session times with the front desk.