



## *Acrobatic Dance Class Timetable*

<b>Group</b>	<b>Tuesday</b>
<b>Acro A</b>	5:30 – 6:30
<b>Acro B</b>	5:30 – 6:30

### *Class Descriptions*

Acrobatic Dance class is an open class for this year, staffed with three trained teachers to work with children to develop their progressions and holds safely and individually. Classes are limited to 8 students with two teachers with a huge focus on safety.

Classes are only offered to existing students enrolled in another genre. i.e. they cannot be taken as a student only class due to insurance reasons around fitness and ability levels.

Students just starting will work on their flexibility and strength in basic steps such as lotus position and bridges. We work on tumbling and exercises to build muscle.

As they progress they work on movement through different positions with an emphasis on safety and teacher assistance.

Once students have mastered basic positions and can demonstrate their own body awareness and safety, we start with lots of teacher assistance and work towards independent movements and adaptations of skills.

### *Uniform*

Girls: Blue Leotard, black shorts, black jazz shoes, hair off the face

Boys: black shorts and black top

### *Events & opportunities*

Mid Year Celebration concert : End of Term 2

Exams: August/September

End of Year Production: 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> December

Christmas Parade & carols: December

We also engage in community events and aged care concerts, workshops etc...