

ACRO DANCE

Class	Thursday
ACRO	3:30-5:00pm

Acrobatic Dance classes run on ability, as the sequences require the correct strength and technique before progressing. Students interested in Acrobatic dance are asked to indicate their interest on enrolment day or prior so teachers can assess their ability level. 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.

Our beginners' class is for students just starting to work on their flexibility and strength in basic steps such as lotus position and bridges. We work on tumbling and exercises to build muscle and coordination.

The next class is based on movement through different positions with an emphasis on safety and teacher assistance.

Our last class is for students who have already mastered basic positions and can demonstrate their own body awareness and safety. We start with lots of teacher assistance and work towards independent movements.

We are very proud to be partnered with the Acrobatic Dance Association and hold exams every year.



The Acrobatic Dance Association

