

What is Acrobatics?

Acro (acrobatics/tumbling) is centered on fundamental acrobatic technique to increase flexibility, strength, balance, coordination, endurance, timing, body awareness, self-discipline, and confidence. Classes focus on proper hand placement and body alignment with emphasis on the muscles and flexibility required to perform proper technique.

Acrobatics Level 1 – Must be ages 6+, Beginner Level. Introductory level class that will build acro skills and knowledge of the basics. Students will learn skills including a baby bridge, forward pike roll, pre-cartwheel, somersault, straddle and tuck jumps, right & left cartwheels, handstand, elbow handstand, bridge kick-over, bridge straight legs feet together, backbend from standing up, round off, backbend stand up.

Acrobatics Level 2 – Intermediate Level. The next progression of acro focuses on backbend kickover, chest stand, handstand tuck and roll, handstand to backbend, forearm stand, fishflop, front walk over, back walkover, switch leg back walkover, switch leg front walkover, one-handed back walkover, one-handed front walkover, front hand spring, side aerials (introduction), Arabian limber, headstand variations, standing back handspring (with spot), some partner or group acro stunts and more. Class Prerequisites – Students must have mastered bridge, handstand and cartwheel without spotting assistance.

Dancers will be evaluated and placed accordingly. As of now these will be the only levels offered for acrobatic training.