

# FLIGHT ACRO DANCE CONVENTIONS

Days 1 & 2 **The ACRO EXPERIENCE**

**SAMPLE SCHEDULE**

Sheraton Convention Center

Detroit, Aug 19-21, 2022

\* Schedule is subject to change

Class Time	Level 1/2 (ages 8+)	Level 3/4 (ages 8-18)	Level 5/6 (ages 8-18)	Level 7/8 (age 8-11)	Level 7/8 (age 12-18)
8:30-9:30 am	Registration Check-In				
9:30-9:55 am	Introduction & Warm-Up (Senior Ballroom)				
10-10:55 am <i>Location</i> <i>Instructor</i>	<b>ACRO PROGRESSIONS</b> <i>Marquette Ballroom</i>	<b>HAND BALANCING</b> <i>Ballroom A</i>	<b>CONTORTION / FLEXIBILITY</b> <i>Ballroom B</i>	<b>ACRO SKILLS REFINED</b> <i>Ballroom C</i>	<b>ACRODANCE</b> <i>Ballroom D</i>
11-11:55 am <i>Location</i> <i>Instructor</i>	<b>ACRODANCE</b> <i>Marquette Ballroom</i>	<b>ACRO PROGRESSIONS</b> <i>Ballroom A</i>	<b>HAND BALANCING</b> <i>Ballroom B</i>	<b>CONTORTION / FLEXIBILITY</b> <i>Ballroom C</i>	<b>ACRO SKILLS REFINED</b> <i>Ballroom D</i>
12-12:55 am <i>Location</i> <i>Instructor</i>	<b>ACRO SKILLS REFINED</b> <i>Marquette Ballroom</i>	<b>ACRODANCE</b> <i>Ballroom A</i>	<b>ACRO PROGRESSIONS</b> <i>Ballroom B</i>	<b>HAND BALANCING</b> <i>Ballroom C</i>	<b>CONTORTION / FLEXIBILITY</b> <i>Ballroom D</i>
1-1:55 pm	LUNCH (on your own)				
2-2:55 pm <i>Location</i> <i>Instructor</i>	<b>FLEXIBILITY / CONTORTION</b> <i>Marquette Ballroom</i>	<b>ACRO SKILLS REFINED</b> <i>Ballroom A</i>	<b>ACRODANCE</b> <i>Ballroom B</i>	<b>ACRO PROGRESSIONS</b> <i>Ballroom C</i>	<b>HAND BALANCING</b> <i>Ballroom D</i>
3-3:55 pm <i>Location</i> <i>Instructor</i>	<b>HAND BALANCING</b> <i>Marquette Ballroom</i>	<b>FLEXIBILITY / CONTORTION</b> <i>Ballroom A</i>	<b>ACRO SKILLS REFINED</b> <i>Ballroom B</i>	<b>ACRODANCE</b> <i>Ballroom C</i>	<b>ACRO PROGRESSIONS</b> <i>Ballroom D</i>
4-4:30 pm	AUTOGRAPHS & PHOTO OPS WITH THE FLIGHT CREW FACULTY (Day 1 only) VISIT THE FLIGHT MERCHANDISE TABLE				
5-6:00 pm	POWER TUMBLING BONUS CLASS (Senior Ballroom. Day 1 Only) VISIT THE FLIGHT MERCHANDISE TABLE				
6:30-8:30 pm	FLIGHT'S EXPRESS YOURSELF DANCE PARTY (Senior Ballroom. Day 2 Only)				

The 2022 schedule is currently being updated. This Schedule is for sample purposes only. The FLIGHT Team is working hard to deliver the best possible AcroDance experience.