



Acro

Grades 3-9

Completion of a Fundamental program required or by assessment.

Acro Gymnastics is a work at your own pace program in a structured coach led class. This class focuses on floor skills from rolls, cartwheels, to more advance skills such as walk overs and hand springs. This class is a great addition to those taking Acro Dance at one of the local dance studios or for those who want to focus on floor skills. This class is taught primarily on the spring floor with the use of training aids such as crash mats and spring boards.

FALL 2017

Friday

3:30-4:30pm