



Acro 3

Ages 13+ years

About this Class

This advanced class follows Levels 4 through 6 of the Acrobatic Arts syllabus. Dancers will further develop strength, flexibility, balance, control, and coordination while working toward advanced skills such as walkovers, handsprings, aerial progressions, partner work, and connected acro sequences.

This class supports:

- Advanced strength, flexibility, balance, control, and tumbling progressions.
- Safe technique, clean execution, and confident transitions are emphasized throughout the class.

2026/27 Season - Class Offerings

- Tuesday 6:00-7:00pm with Mrs. Rachel



Scan here to visit our dress code store! Acro items include:

Shorts: SL225

Pants: Leggings

Shirt: Age appropriate, no graphics



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