



Acro 1

Ages 7 - 9 years

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1324 Vendels Circle
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About this Class

This introductory class follows the primary through Level 2 of the Acrobatic Arts syllabus, focusing on safe and progressive skill development. Dancers will build strength, flexibility, balance, coordination, and body awareness while learning foundational acro skills such as rolls, bridges, handstands, cartwheels, and introductory balances and transitions.

This class supports:

- Strength and flexibility
- Balance, control, and coordination
- Foundational acro skills that support jazz, hip hop, modern, and contemporary training

2026/27 Season - Class Offerings

- Friday 4:30-5:15pm with Ms. Myra



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

Shorts: SL225

Pants: Leggings

Shirt: Age appropriate, no graphics