

Expressions Dance Studio

Acrodance Program



Class Expectations:

Students will learn flexibility, agility, basic floor work, strength training, balance, coordination, as well as a class like structure. Students will also focus on an acrobatic foundation to gear them toward a strong foundation for dance or any athletic sport. Dancers must be actively enrolled in a tumbling class in addition to this class. Students are strongly encouraged to pair this class with a ballet course as well to further their training.*This is not a gymnastics class. You will learn basic tumbling skills used for dance and cheer! Check page 2 for a full description on the differences between gymnastics and acrodance.

What will you learn?

Splits, bridges/extensions, heel stretch, scorpion, straddle stretch, chest rolls, chin stands, hand stands, cartwheels, limbers, walkovers, and floor skills, jumps, turns, leaps and balancing skills as well as turning skills will all be taught in this class as well as many other specific skills and among all these self confidence and team support!

Class Attire Required: Performance unitard required to perform, can also be used for practice.



Girls: Full Leotard- any color/style (with shorts or leggings is acceptable)

No socks/tights/shoes

Studio Leo/ Shorts- Preferred

Hair must be off face and neck

Boys: Shorts and T-shirt or Tank- (snug fit)

No socks/shoes



Expressions Dance Studio

Acrodance Program

The Difference Between AcroDance and Gymnastics

AcrobaticArts.com



Sport & Art

Gymnastics is considered a Sport while AcroDance is considered an Art



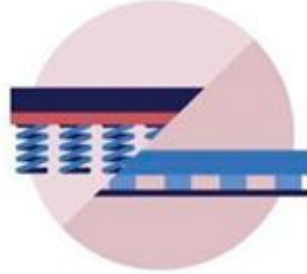
Expression & Aesthetics

AcroDance performance qualities include expressive presentation and musicality, while gymnastic skills are performed with optimal value in mind.



Technical Variances

AcroDance instructors teach different technique than gymnastic coaches, to accomplish similar looking skills for stage performances.



Equipment

Sprung gymnastics flooring allows for powerful high level tumbling, while the dance stage requires soft landings and expressive, artistic movement



Check out our website at www.expressionsdanceplymouth.com for a full video on acrodance at Expressions! Feel free to stop in for a trial class..see the front desk for a form!