

Acro Levels 1-3

It is possible that your child can start in 1 class and progress enough to bump up to another. Your child's safety is my number 1 goal. Beyond that I want them to enjoy class while improving their strength and technique.

Acro 1 (level 0-3)

Rock and roll, cobra, plank, superman, table top, tuck jumps, frog jumps, crab walk
Ball, Pike, tuck, straddle, baby bridge poses, felx and point toes,
log rolls, gallops, cartwheel, forward roll
full bridge, rock and foll from standing, L handstand, forward pike roll
walking bridges, backbend, bridge 1 leg up and 1 arm up, straddle roll, handstand
bridge on wall, bridge recover

Acro 2 (level 3-6)

Pre-req: must have consistent and strong backbend recover & Acro 1 tricks or Ms. Val's approval

Inside outs, bridge walking, backward roll, handstand forward roll, cartwheel,
pony kicks, handstand to chest roll, front limber, dive roll, 1 hand cartwheel
press up, cartwheel to kneeling, chasse step hurdle cartwheel,
bridge to back chest roll, bridge kickover, backwalkover
hurdle roundoff, front walkover

Acro 3 (level 7+)

Pre-req: must have consistent and strong back/front walkovers & Acro 1 & 2 tricks or Ms. Val's approval

Tick tock, press up through pike, BHS, flying cartwheel, aerial, backwalkover to chest roll, front
chest roll, valdez, 1 hand back and front walkovers, flying front walkover, front aerial, spider,
BHS to chest roll, aerial & BHS variations

Questions/Concerns: valerie.e.eaton@gmail.com