



WHAT ACRO-DANCE IS:

As the world of dance continues to change, we are seeing more flexible dancers incorporating acrobatic elements into their routines. This class will progress your dancer through levels that help her increase her flexibility and gain the strength needed to safely and correctly perform acrobatic and tumbling skills. This is a unique program. It is focused on safety and excellence in technique. The levels are designed to allow students to progress only when they are physically ready. This ensures that your daughter's body remains healthy and minimizes the potential for injury. Classes are taught by instructors certified through "Acrobatic Arts".

WHAT ACRO-DANCE ISN'T:

Acro-Dance is not the same as gymnastics. A dancer must complete all of the skills on the hard stage without the advantage of a sprung floor. While some of the tumbling skills might look the same, they are taught differently to compensate for the different conditions. *Acro-Dance* teaches tumbling movement that can be seamlessly integrated into choreography in your child's dance classes.

NOTE:

The dance technique portion will be taught in *Ballet*, *Contemporary* and *Company Classes* and the acrobatic elements are taught in our *Acro-Dance* classes. We highly suggest adding on an additional dance technique class.

UNIFORM:

- The best hairstyle is two flat buns, one behind each ear, but any type of flattened and secured bun is acceptable. Test the security of the bun by having your daughter shake her head side to side. It should not wiggle. Please discuss any hair that is too short with us. We cannot have ponytails, braids or loose hair due to safety issues. We do not let girls with loose hair participate in the tumbling part of class. Let us know if you need a tutorial on securing bun.

- Dancers attend class in bare feet. Please cover any cuts with band-aids and if there is any type of itchiness, dancers attend class with socks on. We do spray down the mats with a natural disinfectant spray.
- Class uniform is what most *Company Classes* require wear minus the skirt. If you do not take other classes with GCDC, you can substitute similar pieces of your own or check our resale bin for items.
 - Black cap-sleeved leotard
 - Black capris – These need to be skin tight around knee. You shouldn't be able to pinch extra fabric.

REMEMBER EACH WEEK:

- To arrive at least 10 minutes early to have your daughter use the restroom and be ready when her class is called in. Late arrivals will have to warm up on their own. There will be a list of cardio items in the back of the room that they will need to complete prior to joining the class. We need all muscles warm before stretching. Please make attendance and punctuality a priority.
- Bring all required acro-blocks
- Bring a water bottle

DANCER PROGRESSION:

“Acrobatic Arts” groups their skills according to levels: Primary – Level 8 and followed by Pre-Professional 1-3. All dancers start in the Primary Level. As they are ready, they will progress up through levels in which the skills increase.

Each level builds on the previous one. All include progression in each of the following pillars of acro-dance: flexibility, strength, balancing, limbering and tumbling. Please note that those students with prior tumbling skills will most likely progress more quickly, but we want to make sure the building blocks are all solid first. Therefore, be prepared that, even if your dancer is exceedingly strong in a one of the pillars of acro-dance, she will not move levels until she has mastered all of the areas within that level. It is not uncommon for a student to spend a year on one level, though with extreme commitment and diligent at-home practice aimed at perfecting skills, we have had dancers move several levels in a year.

As an example, while they will not learn a front limber in early levels, they are practicing the necessary building blocks to do a front limber in level 6. For safety reasons, we won't move anyone who has not completed (safely and correctly) all required skills per level.

We will keep track of your child's skills with a progress card. Your child's current level card will stay at class with us. When she can demonstrate to us that she has mastered one of the items (done consistently with perfect technique), she will get a sticker for her card. When she has completed each skill on the card, she is ready to move to the next level. We will send the card home with your child to keep. This is a good time to celebrate her achievement! She will then join the next level's class.

Testing day is usually the last class of the month except for April and May as we are preparing for the May Showcase. Once your dancer has tested and shown mastery of her level's skills, she can move to the next level the following week.

SUMMER CLASSES:

To keep skills improving, we run classes all year long. Dancers that take a lot of time off lose flexibility and strength. If dancers chose not to attend summer classes, they will need to retest all skills on their current card. If they take more than the summer off, they will need to retest from the primary level. We would expect that they would progress quickly through the early levels.

AT HOME PRACTICE:

The more time and effort your daughter puts into this program, the faster she will progress through the curriculum. We encourage you to set aside time for your dancer to warm-up with some cardio exercises, stretch, and practice some of the skills we have been working on in class. She should never practice skills on levels beyond her current one without a certified instructor present. There is a link on our acro-dance page with recommendations for home mats.

SHOWCASE:

There is an informal showcase at the end of May. See our website for showcase fees and requirements.