

### \*What is acro?\*

Acro is a strength and flexibility progression class that teaches dancers the safe way to tumble, limber, and balance.

### \*How is acro different than gymnastics?\*

Acrobatic arts (which Miss Syd is certified in) has its own technique that is built on the philosophy of keeping dancers safe. Safety in acro is very important because dancers do not have trampolines, bouncy floors, or foam pits. Moreover, acro students are taught progressions instead of the end goal to ensure safety and technique are not compromised. I.e. you must do a two hand cartwheel correctly before attempting a one-hand cartwheel. Similarly in jazz class you would not do a double pirouette until you have learned a single pirouette.

### \*What do you learn in acro?\*

Acro dancers learn \*tumbling\* (i.e. cartwheels, aerials, back handsprings), \*limbering\* (i.e. walkovers, Arabians, bridge variations), and \*flexibility\* (i.e. bow and arrow, square hip splits, toes to head).

\*\*Although, acro dancers do not learn the full progression of a certain skill until Miss Syd has ensured their technique is correct and the dancer is safe. I.e. Miss Syd will not let a student attempt an aerial until their cartwheel and flying cartwheel are shown correctly.

### \*How are acro classes structured?\*

Miss Syd always tests her student's ability to hold their bridge and handstand in her class. This is because the bridge and handstand are two of the most fundamental movements in acro dance. Then the students complete their strength drills for 5-10 minutes. After the strength drills are complete the students do their tumbling across the floor. Tumbling across the floor is different based on the level of the class. Then Miss Syd has a "new skill of the week", the students learn and practice the new skill usually in the form of centers. Centers allow for the class to always be moving, instead of waiting in line. i.e. Miss Syd would be at one center assisting, and the two other centers would be safe drills that the students can work independently on. At the end of class the students always get a chance to show their "bonus skill". Bonus skill is the student's chance to either show the class and Miss Syd their best acro skill learned in class, or show something they believe is a talent of theirs. Bonus skill is a fun closure to the class that Miss Syd and the students enjoy.

### \*Why is acro class valuable to a dancer? \*

1. If a student wants to pursue dancing at the professional level, knowing acrobatic tricks is a HUGE asset
2. The amount of strength building done in acro class helps students in EVERY dance class
3. The amount of flexibility building done in acro helps students in EVERY dance class
4. Acro shows students the value of proper technique and HOW proper technique aids in the end result
5. Acrobatic Arts offers a program with skills with the safety of dancers in mind.

### \*Why doesn't my child get an in-class dance in acro class?\*

Acrobatic arts does not recommend in- class dances because it takes away from the students training. Miss Syd has done in-class dances with the advanced level the past two years and felt that when competition was close her students did not get enough if not any time to work on their tricks and/ or work on strength and flexibility skills. In addition to the issue of choreography taking up too much time, Miss Syd needs a bigger commitment from students in acro to attend class regularly. This is because it is impossible to ensure the safety of her students when performing lifts, if not everyone is in class to practice the lifts. Which is why all acro students are invited to her acro-dance company audition on September 28th if they would like to be in an out-of-class acro dance.