



## ACRO/AERIAL/CONTORTION/POM CHEER

<b>ACRO "A" (Elementary)</b>	All students <u>must be assessed</u> (invitation only) for this COMPETITIVE ACRO group. All students MUST also partake in the <u>(Saturday) compulsory acro technique class</u> in addition to this technique and choreography class. Students range in age 7-13 years and are gaining exposure to competing in acro. These students are able to join <u>ACRO LINE</u> without further assessments. <b>Enhancements:</b> Contortion
<b>ACRO "B" (Experienced)</b>	All students <u>must be assessed</u> (invitation only) for this COMPETITIVE ACRO group. All students MUST also partake in the <u>(Saturday) compulsory acro technique class</u> in addition to this technique and choreography class. Students range in age 9-18 yrs and have intermediate acrobatic skills or intensive dance training in addition to acrobatics. These students typically have competitive experience in acrobatics and are developing advanced transitions or mastering intermediate skills. These students are able to join <u>ACRO LINE</u> without further assessments. <b>Enhancements:</b> Contortion
<b>ACRO "C" (Advanced)</b>	All students <u>must be assessed</u> (invitation only) for this COMPETITIVE ACRO group. All students MUST also partake in the <u>(Saturday) compulsory acro technique class</u> in addition to this technique and choreography class. Students range in age 11-18 yrs and have advanced acrobatic skills. These students typically have competitive experience in acrobatics and are developing advanced transitions or mastering advanced skills. These students are able to join <u>ACRO LINE</u> without further assessments. <b>Enhancements:</b> Contortion
<b>CONTORTION</b>	<p>All students must be a minimum age of 8 years at the start of the season. Assessment is required to ensure students safety. Students who currently can display an acro bridge with straight arms and hold for 10 seconds, a full pike reach with ease, a full split (right, left or center) could partake. All COMPETITIVE ACRO students are able to do this class with no assessment.</p> <p>*Contortion focuses on achieving greater flexibility, balance, and strength. This class requires patience, concentration, and practice. The student will require resistance bands (2 long – different strengths and 2 loop different strengths) a yoga mat and 2 yoga blocks.</p>
<b>RECREATIONAL ACRO</b>	Non-performance introduction to acro. Students move through 5 levels as they master certain techniques and skills. Beginner to Intermediate levels. Students will be assessed to move into Elementary, Experienced, and Advanced Acro and Choreography
<b>CHEER LINE</b>	Ages 9-18yrs. Prior cheer experience is not required. Recreational acro, contortion or competitive acro is required to partake in this class. Students are required to wear lightweight and flexible running shoes to class.



**ACRO & ACRO LINE ATTIRE:** Form-fitting activewear attire is required. Leggings, shorts, tank tops, and bodysuits are acceptable. Hair must be tied back and in a low bun. If you wear shorts, please also wear transition foot tights. Bare feet only.

**RECREATIONAL ACRO ATTIRE:** Dance tank tops, dance shorts, gymnastics bodysuits, OR activewear leggings/shorts are required. Hair must be pulled back (out of the student's face) and braided if hair is long. No street clothing is allowed. Bare feet are required or yoga socks allowed.

**CHEER ATTIRE:** Lightweight and flexible runners for classes. Wearing activewear shorts, leggings, or tank tops. No street clothes or baggy clothing. Hair must be out of the face and off the shoulders.

**AERIAL:** All aerial students must follow the guidelines to ensure students' safety and protect the longevity of the equipment. No jewelry of any kind. No hoodies or baggy shirts, leggings required, tight or form-fitted tanks or bodysuits. Hair must be out of students' face. Long hair should remain in a ponytail or braids. Bare feet or yoga socks are allowed.

ONLINE REGISTRATION