

Acro Class Progressions

Centerstage Dance Academy

Which ACRO Class Is The Right Fit For My Dancer? Where Do They Start?

AcroDance Preschool

Can Also Be A Kidzdance/AcroDance Combo Class

Ages 3-4



ACRO Primary

This class contains only acrobatic skills

Ages 5-7

Hip Hop, Flop Flop

This class combines hip hop and acro

Ages 4-7



Beginner Hip Hop

Dancers ages 6 & up can join hip hop as it's own class and take ACRO Primary as another class

Ages 6 + Up



ACRO Level 1

The schedule may also be listed as Level 1/2

Ages 7 + Up



ACRO Level 2 + Beyond What's Next?

Dancers in Levels 2 & over will take placement tests - within their regularly scheduled classes - at the end of each season. The instructor will then provide a placement for the level your dancer will move onto the next season. It is not uncommon to repeat levels, especially at a younger age.



What If I Am New To The Studio + Over 7?

Please contact us so that we may find a class for you to try. Our instructor will assess you and place you in a class once seeing the dancers ability.



ACRO Level 4 + Up

Any dancer that is placed in a Level 4 or higher class must also take a jazz class during that season.

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What Is AcroDance And How Is It Different Than Gymnastics?

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

ACROBATIC ARTS
CREATING THE WORLD'S MOST TRUSTED ACRO PROGRAMS



So you're wondering... should I enroll my child in an Acro class? And what exactly is AcroDance? AcroDance combines classic dance techniques with precision acrobatic elements. AcroDance classes include flexibility, balancing and conditioning exercises, mixed with gymnastic/tumbling elements, to create strong and versatile dancers. Our program is based on safe and effective progressions from our certified curriculum (through Acrobatic Arts) and includes flexibility, strength, balancing, limbering and tumbling. Our program progressions take the beginner preschool level dancer from log rolls and summersaults to the advanced dancer tumbling across the stage! Our instructors are all certified through Acrobatic Arts.