



**Rhythms in Motion Dance and Acrobatics studio will offer all levels acrobatic classes at our Center Location. All classes will put safety at the forefront of all programs. Level 1&2 will focus on basic tumbling skills cartwheels and bridges. As students progress they have the opportunity to learn many other skills in level 3&4 front and back walk overs, side aerials, back handsprings.**

Level 1&2: Students will be educated on proper stretching technique, level 1&2 skills which include headstands, backbends, back bend kick over, somersaults, cartwheels, one handed cartwheel, handstand forward roll, handstand bridge and recover,

Level 3&4: Students will continue in their safe stretching practice to maintain and increase flexibility which will assist them in their acro/ tumbling. Previously introduced skills will be refined and more challenging tumbling introduced such as back tucks and standing aerials.

Students may work on front and back walk overs, back handsprings, back tucks, aerials and chest and elbow stands and to continue to master previously introduced skills

**Acrobatics Attire:** To help to ensure the safety of students appropriate attire is required for class. Options include leotard, dance shorts, leggings camisole top. Bare feet, hair must be pulled up and back away from face