



ACRO DANCE PROGRAM AT EDGEZ DANCE

Edgez Dance is a certified Acrobatic Arts studio through Ms. Melissa Geltz with certifications in Module One (Levels: Primary through 6) and Aerial and Back Handsprings.

Training per level:

- Primary Level - Level 1: 40 minutes of Acro Dance
- Level 2: 40 minutes of Acro Dance + 40 Additional Minutes of Dance
- Level 3: 40 minutes Acro Dance + 80 Additional Minutes of Dance
- Level 4 - 6: 80 minutes Acro Dance + 80 - 200+ Additional Minutes of Dance

Acro Dance Code at Edgez Dance:

- Primary Level - Level 1 (^)
- Level 1 - 2 (+)
- Level 2 - 3 (/)
- Level 3+ (*)

Recommendations & Requirements at Edgez Dance:

Acro Dance students in (Code ^ or +) are **recommended** to take a Jazz based or Ballet class but it is not required. Students that take an additional class will see faster growth in their abilities.

Acro Dance students in (Code / or *) are **required** to enroll in at least one Jazz based or Ballet class to work on dance skills that will be used in Acro Dance Choreography. This includes but is not limited to pirouettes, leaps, and footwork such as jazz squares, pivot turn, chasses, etc.



Placement/Skill Cards:

Students are elevated throughout classes each month. Students can be moved to a higher level class prior to December each dance season if completion of skills happens quickly. All students will work on their own skills and levels so no matter the class they are enrolled they will progress in their skills.

Acro Dance Class Outline:

Primary Level - Level 1 (^) & Level 1 - 2 (+): 40 Minute Classes

- (5) Cardio
- (10) Strength, Stretch & Wrists
- (10) Limbering, Balancing, or Tumbling
- (10) Dance Skills, Skill Cards, or Choreography
- (5) Cool Down

Level 2 - 3 (/): 40 Minute Classes

- (5) Cardio
- (10) Strength, Stretch & Wrists
- (5) Limbering or Balancing
- (5) Tumbling
- (10) Skill Cards or Choreography
- (5) Cool Down

Level 3+ (*): 80 Minute Classes

- (5) Cardio
- (10) Strength, Stretch & Wrists
- (10) Limbering
- (10) Balancing
- (20) Tumbling
- (20) Skill Cards or Choreography
- (5) Cool Down



Choreography & Class Layout

As the dance season gets closer to recital class will use at least 15 - 20 minutes for recital choreography just like other classes. Instructor will adjust classes to meet overall class needs and student progress.

- **Preschool, Tiny, Mini:** Will have their own designated mat for tumbling but will use the remain classroom as designed by the instructor for choreography or class skills
- **Junior, Rec I & Rec II:** Will use the mats and space as a class as students are mature enough to follow directions on spacing and sanitization

Spotting:

Students/Parents that prefer not to have spotting (the teacher giving hands on correction and or assisting hands-on for skills) ***should notify Edgez Dance prior to the start of the dance season.***

Segment Definitions:

- **Dance Skills:** This includes but is not limited to pirouettes, leaps, and footwork such as jazz squares, pivot turn, chasses, etc.
- **Limbering:** Focus on back strength and flexibility used for other skills
- **Balancing:** Balancing on feet, hands, head, chest or other body parts
- **Tumbling:** Skills without an apparatus; rolls, cartwheels, handstands & aerials.
- **Skill Cards:** Skill cards are provided from Acrobatics Arts and have a series of skills that help students have a solid fountain as they progress into more difficult skills.