



# Acro Classes.

**Six Week Session**

**\$65.00**

Must be 5 years and up.

There has been a big interest in us starting a gymnastic class, but Miss Sharon has done Acrobatics since she was 7 years old and feels that the Acrobatics Classes are better for the children, Gymnastics is hard hitting on a spring floor and is bad on the joints of growing children, and is dangerous unless preformed on mats which makes it hard to transfer to Dances and normal flooring or even outside. Acro is a extended softer landing and more about control and flexibility. It is also easily incorporated into dance routines and improves the over all strength and flexibility in a child's body while also having fun. The levels are progressive and they will be required to master a certain amount of skills before moving to the next level. Safety is first.

If you are asking what is Acro? It is things like, cartwheels, back bends, splits, Walkovers, back walkovers, and much more. It is a lyrical and smooth flowing “gymnastics”, as to say. While being much better for the growing child.

These sessions will be to see if there is enough interest for Miss Sharon to add this to her regular schedule. This will also help you to see if this is right for your child without a big commitment.

Below are the classes available for the 6 week session starting the week of **Jan 13.**

Please sign up immediately, over phone or text to 336-831-3054

Clemmons:

Monday 7:15pm-8:00pm- beginners (1/13,1/27,2/3, 2/10, 2/17, 3/2)

Friday 4:30pm-5:15pm intermediate (1/24, 1/31,2/7,2/14,2/28, 3/6)

Reynolda:

Saturday 12:00pm- 12:45pm- Beginners (1/25, 2/1, 2/8, 2/15,2/22,2/29)

Saturday 9:15am – 10:00am – Intermediate (1/25,2/1, 2/8, 2/15, 2/22, 2/29)

The dates are not completely consecutive due to holidays and the Disney performance trip.