



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 Pre-Professional), Aerial & Back Handsprings, Limbering & Variations, Progressions for scorpions, & Progressions and Spotting for Aerials.

Required Training per level:

- Primary Level - Level 1 = Total Required Training 1 Class
- Level 2 - 3: 1 Acro Dance Class = Total Required Training 1 Class
- Level 3 - 5: 1 Acro Dance Class + 1 Additional Dance Classes Required = Total Required Training 2 Classes
- Level 5 - 8: 1 Acro Dance Class + 1 Additional Dance Classes Required = Total Required Training 2 Classes

Acro Dance Code at Edgez Dance:

- Primary Level - Level 3 (^)
- Level 3 - 5 (/)
- Level 5 - 8 (+)



Recommendations & Requirements at Edgez Dance:

Acro Dance students in (Code ^) 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.

Suggested Training per level:

Level 2 = 1 Additional Dance Class

Level 3 = 2 Additional Dance Classes

Level 4 = 2 - 4 Additional Dance Classes

Level 5 - 8 = 2 Acro Dance Classes + 2 - 4 Additional Dance Classes

Placement:

Students are evaluated throughout the season. 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 Skills Per Level: Students are required to have most, if not, all skills listed before proceeding to the select/purple program class.

Primary Level - Level 2 (^)

- Willingness to be upside down
- Comfortable placing all body weight into hands
- Ambition to learn

Levels 3 - 5 (/)

- Plank hold 20 seconds
- Balance in retire right and left 5 seconds
- Hops 5 in row 1 foot right and left
- Push up to bridge, hold for 10 seconds
- L Stand right and Left
- Handstand teddy bear, hold for 5 seconds
- Handstand facing the wall, hold for 10 seconds
- Rock and Roll standing to standing
- Forward pike roll
- 2 continuous straddle rolls
- Cartwheel right OR left

Levels 5 - 8

- Plank hold 40 seconds
- Push up to bridge, hold for 25 seconds
- Handstand facing the wall, hold for 20 seconds
- Standing down to bridge with recover to standing
- Handstand tuck, hold for 15 seconds
- Bridge kick over right OR left
- Handstand to chest roll
- One-handed cartwheel right AND left
- Chasse step hop cartwheel right AND left
- Straight handstand in center



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. The instructor will adjust classes to meet overall class needs and student progress.

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, chassés, 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 & aerals.
- **Stations/Skill Cards:** Skill cards and syllabi by Acrobatics Arts have a series of skills that help students have a solid fountain as they progress into more difficult skills.