

Tricks/Acro

Starts September 12th

The focus of this class will be exposure to “Acro, Tricks” Students will partake in a 20 minute stretch/muscle conditioning and warm-up. The goal is to give the children more exposure and practice before the 2024 dance and competition season begins. For



some children it may take additional class time before feeling confident in a performance. Overall, this class will build core stamina and strength for routines.

We look forward to seeing you !!

Class Times:

Tuesday 6:45-7:30

Thursday 4:45-5:30