



HYPE'S ACRO/TUMBLING PROGRAM OVERVIEW

We are excited to bring back our Tumbling Program for Dancers! HYPE Dance Studio is offering additional training with acro skills that dancers can incorporate into their routines. We are noticing a big merge of acro into dance and want to offer this opportunity to our students! They love to tumble, and this will be a fun new adventure for anyone who wants to join the classes!

PLEASE READ ALL INFO BELOW:

All classes taught by Liz Murphy. Class size is limited, enrollment will be on a first come-first serve basis. If classes become full, more tumbling classes will open on Saturday's. There are 4 levels of "Tumbling for Dancers." Descriptions below list prerequisites and level progressions.

Tumbling Toddlers (ages 2-3)

Saturday's 9:45 – 10:30 AM

Introduction to tumbling for our younger dancers! Liz teaches safety in movement to enhance mobility, coordination, agility, and understanding of placement for these active toddlers. A 45 minute class is perfect to review each week's curriculum.

Acro I

Ages 4-6: Tuesday's 4:00-5:00 PM

Ages 6-10: Tuesday's 6:00-7:00 PM

Prerequisites:

- Currently enrolled in dance, no tumbling experience needed. However, dancers must be comfortable with concept of strengthening and tumbling.

Dancers in this class will be working on:

- rolls (forward and straddle – backwards on a wedge)
- hurdles
- controlled start and stop of skills
- cartwheels
- handstands (on wall and on mat)
- back bends
- standing down to back bend and then back up to standing

Acro II

Ages 8+: Thursday's 6:00-7:00 PM

Ages 8+: Saturday's 10:30-11:30 AM

Prerequisites:

- rolls (forward and straddle)
- cartwheels on "bad" side
- handstands
- back bends
- standing down to back bend and then back up to standing

Dancers in this class will be working on:

- Rolls, front and back
- Handstand straddle down
- Headstands
- Cartwheels on "bad side"
- One handed cartwheels
- Roundoffs
- Dive cartwheels (aerial prep)
- Back Bend kickovers
- Handstand to Bridge
- Back walkover
- Front walkover
- Kip ups

Acro III

Ages 9+: Saturday's 11:30 AM – 12:30 PM

Prerequisites:

- Good balance in headstand
- Strong cartwheels on both sides
- One handed cartwheels
- Roundoffs
- Strong back walkovers
- Strong front walkovers
- Kip up

Dancers in this class will be working on:

- The skills listed in Tumbling I/II will be used for warmup
- Roll variations
- Elbow stands
- Press straddle to handstand
- Side aerials
- Back Bends into Back Handsprings
- Back handsprings
- Front handsprings
- Valdez
- Rolling tensica (or spider roll)

Acro IV

Ages 9+: Saturday's 12:30-1:30 PM

Prerequisites:

- Back handsprings (or with light spot)
- Front handsprings (or with light spot)
- Strong transfer of balance
- Rolling tensica (or spider roll)
- Valdez
- Press handstands

Dancers in this class will be working on:

- Handstand walks
- Handstand, headstand, elbow stand and chin stands with leg variations
- Chin stands
- Back extension rolls
- Twisting while upside down
- Kip ups to stand
- Rubber bands
- Acro combinations
- Front aerials
- Connecting skills
 - Round off back handsprings
 - Cartwheel back handsprings
 - Pirouettes into aerials
 - Jete's into aerials

PAYMENT FOR ACRO CLASSES:

Tumbling classes are the same as our normal class rates.