

North Star is committed to providing our students a quality dance education, motivate them to grow and provide them a safe and nurturing environment as they embark upon their dance journey. Therefore, we feel it is necessary to establish skills/goals for students to learn and master before moving onto the next level. This will ensure that our students are learning in an environment that teaches them proper skills and technique. Establishing required skills for each level will protect dancers against injury by making sure they have built up the strength, stamina, and precision to properly execute their acquired skills. All Acro classes focus on safety, flexibility, strength, beginning & ending positions and proper body, foot, and leg positions. Acro skills are incorporated in many styles of dance! Students may need to be evaluated to determine the proper placement.

Acro Levels ●●●

INTRO TO ACRO

Ages 4 – 6: No previous Acro experience needed.

Skills taught: Bridges, forward/backward rolls, handstands, cartwheels, crab walks

PRE-ACRO

Ages 6+: Less than 1 year - no previous Acro experience needed.

Skills taught: Bridges, forward/backward rolls, splits, handstands, cartwheels, beginning front limbers

ACRO I

MINIMUM of 1-2 years Acro experience

Skills taught: Bridges w/leg extension, inside/out, splits, handstands, cartwheels, handstands roll-downs, front limbers, beginning walkovers, roundoffs

ACRO II (Eligibility based on Required Skills)

MINIMUM of 2-3 years Acro experience

Skills taught: Dive forward rolls, splits, handstands, cartwheels, handstands, front limbers, front handsprings, headsprings, walkovers, beginning aerials

ACRO III (Eligibility based on Required Skills)

MINIMUM of 3-4 years Acro experience

Skills taught: Walkovers, headsprings, handstand walks, front handsprings, front and side aerials, scissor leaps, back handsprings, back tucks, partnering, tumble passes



Skills Required to Register ●●●

Intro to Acro & Pre-Acro

- Good listening skills & focus

Acro I

- Forward/Backward Rolls
- Handstand
- Bridge
- Bridge w/leg extension
- Rt or Lt Side Cartwheel
- Crab Walks

Acro II (+ Level 1 Skills)

- Front Limber (no assist)
- Backbend Standup
- Roundoffs
- Both Side Cartwheels
- Handstand Roll Down
- Inside/Outs

Acro III (+ Level 2 Skills)

- Front Walkover
- Back Walkover
- Headspring
- Front Handsprings
- Center Splits (Full)
- Full Splits (R/L)

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