

What Is

ACRO



Explore the fun of Acro

Our Acro Classes at Jdance Performance Studio offer a unique blend of dance and acrobatics, allowing students to explore the exciting world of acrobatic movement while building strength, flexibility, and coordination. With four different levels tailored to different age groups and skill levels, we ensure that each student receives the appropriate instruction and guidance to thrive in their acro journey.

1. Mini Acro (Ages 2–5):

Our Mini Acro class is specifically designed for our youngest performers, aged 2 to 5 years old. This class introduces basic acrobatic movements, focusing on developing motor skills, balance, and coordination in a fun and playful environment. Through engaging activities and age-appropriate exercises, our expert instructors foster a love for acro while promoting physical development and body awareness. Please refer specifically to our Mini Movers program in the Mini Zone area.

2. Youth Acro (Ages 5–9):

The Youth Acro class is designed for children aged 5 to 9 years old who are ready to take their acrobatic skills to the next level. In this class, students will continue to develop their strength, flexibility, and coordination while learning more challenging acrobatic movements. Our instructors create a supportive and encouraging atmosphere that allows young dancers to explore their potential and build confidence in their abilities.

3. Competent Acro (Ages 8–12 or at a skill readiness level):

The Tween Acro class is perfect for students aged 8 to 12 years old who have previous acrobatic experience or have mastered the fundamentals of acro. This class introduces more advanced acrobatic skills, including tumbling, partner work, and intricate balances. With a focus on technique and artistry, students will refine their movements, learn dynamic routines, and further enhance their strength and flexibility.

4. Intensive Advanced Acro (Ages 12+ or at an advanced skill readiness level):

Our Intensive Acro class is designed for students aged 12 and above who are passionate about acrobatic dance and want to take their skills to a higher level. This class offers advanced challenges and acrobatic skills, including aerial work and intricate choreography. Students will refine their technique, develop strength and flexibility, and explore the expressive possibilities of acrobatic dance.

At Jdance we believe in placing students in classes that align with their skill level and experience, rather than solely based on age, particularly in our acro classes. Our experienced instructors carefully assess each student's abilities and place them in the appropriate class to ensure optimal growth and progress. This approach allows students to learn and thrive in an environment that suits their individual needs.

Join us at Jdance Performance Studio and embark on an exciting journey into the world of acrobatic dance.

Our Acro Classes provide a platform for students to develop physical strength, flexibility, and coordination while nurturing their creativity and love for acro dance. With expert guidance and a supportive community, students will gain the skills and confidence to showcase their acrobatic talents on stage.

Enroll today and let your child discover the beauty and thrill of acrobatic dance at Jdance.