

Acro Levels 2025-2026

Aged Based Levels: *for dancers in combo classes and intro classes*

- Intro to Acro (Ages 3-4)
- Intro to Acro (Ages 5-7)

Acro for dancers ages 7+: *for dancers in level classes*

Listed below are skills to work on in each class. Dancers move to the next level when dancer completes these skills consistently:

- **Beginner** (cartwheel, forward and backward roll, handstand, bridge)
- **Advanced Beginner** (roundoff, bridge with kick over, front limber)
- **Intermediate** (front and back walkover, side aerial prep, chest stands)
- **Advanced Intermediate** (side aerial, walkover variations, back handspring prep)
- **Advanced A** (front and back handspring, front aerial)
- **Advanced B** (back handspring combos, back tucks)
- **Advanced C** (standing tucks, layouts, advanced acrobatic tricks)