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REGISTER NOW FOR SUMMER SESSION

NEW ACRO CLASS

ACRO IS A STYLE OF DANCE THAT COMBINES DANCE TECHNIQUE WITH PRECISE ATHLETIC ABILITY. IT DISPLAYS GRACE, STRENGTH, FLEXIBILITY AND PERFORMANCE.

LEVEL 1 MONDAY 2:00-3:00PM

LEVEL 2 TUESDAY 1:00-2:00PM

LEVEL 1 FRIDAY 5:00-6:00PM

LEVEL 2 FRIDAY 6:00-7:00PM

**ACROBATIC
TUMBLING &
DANCE
TECHNIQUE**

SIGN UP NOW! IF YOU HAVE ANY QUESTIONS FEEL FREE TO CALL OR ASK THE FRONT DESK FOR MORE INFORMATION.. 847.816.6618.

LIBERTYVILLE GYMNASTICS ACADEMY

TECHNIQUE

TONDUE, PIQUE, PLIE,
SPOTTING, BATTEMENT,
PRESS, PASSE, COUPE,
RELEVE, HOLDING CENTER,
BLOCKING, LEVER,
HEEL DRIVE, SHOULDER FLEXIBILITY,
STRAIGHT BODY FORM

LEVEL 1

**HANDSTAND.
BRIDGE.
CARTWHEEL.
HALF TURN.
FULL TURN.
SPLIT JUMPS.
TUCK JUMPS.**

AND MORE

LEVEL 2

**FRONT WALKOVER.
BACK WALKOVER.
AERIAL.
DOUBLE TURN.
FOUETTES.
STRADDLE JUMP.
RING JUMP.**

AND MORE

IF YOU'RE INTERESTED IN LEARNING ONE ACRO SKILL,
CONTACT COACH ARI FOR PRIVATE LESSONS. 224.456.6973

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