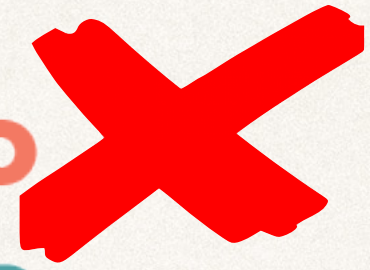


Keeping Up Your Acro Training At Home



Practice to
Learn



Practice to
Perfect



Practice to
Maintain



ACROBATIC
CREATING THE WORLD'S MOST
TRUSTED ACRO PROGRAMS
ARTS



Keeping Up Your Acro Training At Home



**Practice to
Learn**

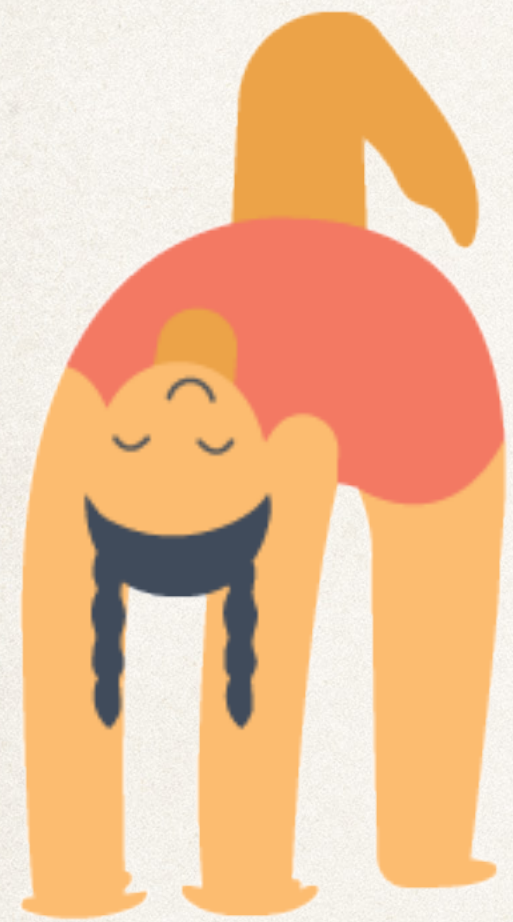


Learning new skills means falling down, taking risks, and making mistakes while learning how to move your body in new ways! This is a valuable part of the learning experience, and for safety, requires a qualified teacher to be in the room with you.

Practicing to learn is not ideal in a virtual learning situation, and can be dangerous.



Keeping Up Your Acro Training At Home



**Practice to
Perfect**

Once a new skill is understood, it's time to perfect it. Usually this part of the learning experience takes place in the studio as we prepare for competition, performance or dance exams.

During shelter-in-place, this is a great way to use Zoom or online lessons with your teacher! Your dance teacher's keen eye will help perfect fine details in your movement!

Since competitions and performances are not available to us right now, dance exams are a great way to mark your progress!



Keeping Up Your Acro Training At Home



Practice to
Maintain

Dancers work so hard to achieve new skills; gaining flexibility, balance, strength, body awareness, the ability to pick up choreography quickly, and more!

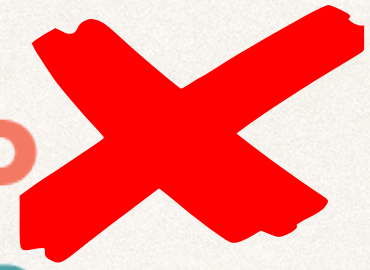
During shelter-in-place, it's important to maintain these skills so we don't have to start over when we get back to the studio.

Using pre-recorded videos or live online lessons with your dance teacher is a great way to maintain what you've learned, and keep up these skills.

Keeping Up Your Acro Training At Home



Practice to
Learn



Practice to
Perfect



Practice to
Maintain



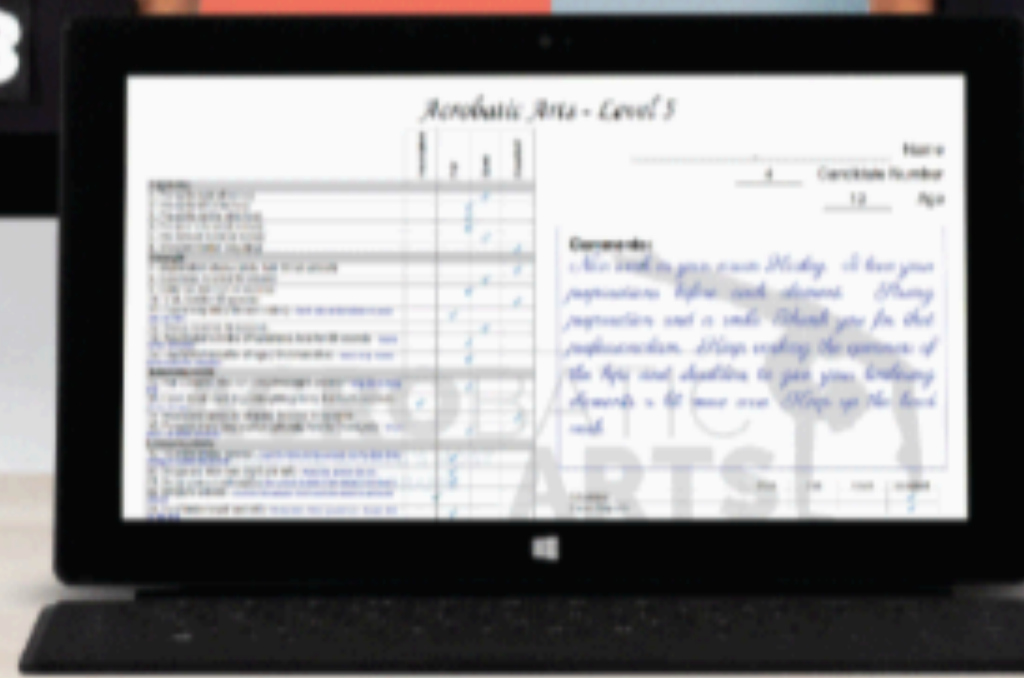
During at home lessons, we should be focused on perfection and maintenance.

Not learning new skills

Keeping Up Your Acro Training At Home

A certified Acrobatic Arts instructor can help you prepare for, and enter AcroDance exams! Having a tangible goal is a great way to keep dancers motivated to excel!





ONLINE EXAMINATIONS

Online examinations are coming!