Acro dance is a style of dance that combines classical techniques with gymnastic elements. While all dance is physical, this form is particularly athletic and has unique choreography due to its use of gymnastic in a dance environment.

Acro dance classes will not only work to improve your child`s confidence and coordination, but they also have serious strength-building properties as well.

Acro dance is great for increasing flexibility, the more flexible your child is, the better range of motion they’ll have with their muscles.

The gymnastic element of this dance takes discipline and coordination to learn. Memorizing choreography and moves like cartwheels, chest stands, hand springs, and hand walking will promote fantastic strength and coordination.

**What to wear?**

Hair tied up

Leggings and leotard

Shorts and T-shirt

Bare feet