

ACRO/TUMBLING CLASSES

Studio for the Living Arts DanceCenter

Three 8 week sessions ~ Tuition per eight week session \$55

Deduct 20% for students currently enrolled in the "unlimited" tuition program for dance training.

Deduct 10% for each additional student from the same household.

Acro/Tumbling Course Description

ACRO/TUMBLING class teaches students fundamental acrobatic and tumbling moves that are performed on gym mats. This class is strictly floor work and does not perform any gymnastics with bars or beams.

Sample moves include front & back rolls, headstands, backbends, cartwheels, walkovers, back handsprings, etc. Class format will focus on building core strength and flexibility while acquiring valuable skills that can be easily transferred to dance, cheerleading, and gymnastic routines.

Non-recital class.

Acro /Tumbling Coach, Jess Peterson

- Coach - Elite Allstars Maine Cheer Gym - tumbling, cheering, and dance
- 2009-2011 Pro D-league basketball team "Maine Red Claws" dancer/performer
- 14 years of intensive dance training in tap, ballet, and jazz at Scarborough Dance Center, with gymnastics and tumbling training at Maine Academy of Gymnastics, Dudziak's School of Gymnastics and Andy Valley

Jess has worked with hundreds of athletes and dancers throughout Southern Maine to help them greater their tumbling, dance and cheerleading skills.

Class Attire

Students are encouraged to wear a leotard or tank top with shorts. Bare feet or lightweight sneakers.

No baggy clothes or loose fitting shirts. Bare legs are the best for spotting and correcting tumbling skills. Hair should be pulled back for safety, no jewelry.

Session Dates and Times

SESSION I October 8 – December 3 (no class 11/26 Thanksgiving Break)

SESSION II January 14 – March 10 (no class 2/25 February Vacation Break)

SESSION III March 17 – May 11 (no class 4/20 April Vacation Break)

TIMES:

Saturday 10:30am -11:30am Teens age 13+

Saturday 11:30am -12:30am Ages 8 - 12

Saturday 12:30am -1:15pm Ages 5-7

PRE-REGISTRATION WITH PAYMENT REQUIRED TO HOLD SPACE IN CLASS

REGISTRATION FORM MAY BE OBTAINED BY VISITING: www.studiofortheivingarts.com

Studio for the Living Arts DanceCenter, 199 Portland Rd., Gray, Me. (207)657-3006

