

ACRO LEVELS



Placement is determined by level rather than age. Please find the guidelines below to properly choose your child's appropriate Acro level.

Evaluations: Students that are not currently attending Acro class with Miss Jeanine must complete an evaluation to determine level placements. Students may be evaluated by attending an Acro class in the level they feel the most confident. To schedule your evaluation class on our website.

LEVEL 1	LEVEL 2
<p><i>*No evaluation required. *No experience needed to start</i></p>	<p><i>*Evaluation required. *Must have all Level 1 skills</i></p>
<ul style="list-style-type: none"> • Candlestick • Forward Roll • Forward Roll Step Out • Backward Roll • Backward Roll Step Out • L-kick • Handstand • Handstand forward roll • Cartwheel • One handed cartwheel • Hurdle • Hurdle Round Off - knee landing on incline mat with proper shaping • Rock up from Bridge • Bridge down on flat surface • Bridge down travel across mat • Bridge kick over on flat surface • Strength improvement • Flexibility improvement <p style="text-align: center;"><i>Skills must be done with confidence along with proper form and execution.</i></p>	<ul style="list-style-type: none"> • Needle roll • Elbow cartwheel • Elbow stand (hold for 5 seconds) • Shoulder cartwheel • Headstand • Handstand to chestroll • Handstand ¼ - ½ pirouette • Dive Roll • Bridge Prances • Cheese Leg • Front limber (Handstand bridge rock up) • Front walkover on dance floor • Tick-Tock • Back limber • Toe Point Back walkover on dance floor • Flip Flop/back handspring drills • Side aerial drills • Front Handspring step out • Improve Strength • Improve Flexibility <p style="text-align: center;"><i>Skills must be done with confidence, straight legs and pointed toes.</i></p>
LEVEL 3	LEVEL 4
<p><i>*Evaluation required. *Must have all Level 2 skills</i></p>	<p><i>*Evaluation required. *Must have all level 3 skills.</i></p>
<ul style="list-style-type: none"> • Fish roll • Forward chest roll • Chin stand • Toe Rise -> Toe Rise to Bridge • Bridge Prances (straight legs) • Handstand walk (4 panel lengths) • Handstand ½ pirouette à Handstand full pirouette • One handed back walkover • One handed front walkover • Kickover front to seated position • Kip Up • Arabian Dive roll • Flip Flop/Back Handspring • Flip Flop Step Out • Round Off Flip Flop • Front Handspring • Flyspring • Headspring • Side Aerial <p style="text-align: center;"><i>Skills must be done with confidence, straight legs and pointed toes.</i></p>	<ul style="list-style-type: none"> • Spiders (rolling tinsica) • Illusions/reverse • Butterfly • Press handstand • Veldez -> Veldez to Handstand pirouette • Cartwheel Flip-Flop • Flip-Flop step out - layout step out • Gainer Flip-Flop-> Cartwheel Gainer Flip-Flop-> Cartwheel Gainer layout step out • Flip-Flop Chest roll -> Flip-Flop to handstand -> Flip-Flop to middle splits • Rubber band (continuous kip up) • Standing back tuck • Round off back tuck • Round off Flip-Flop back tuck • Round off layout step out • Kickover front to feet • Barani • Front aerial walkover • Front aerial handspring • Aerial combos • Punch Front • Anode <p style="text-align: center;"><i>Skills must be done with confidence, straight legs and pointed toes.</i></p>