

# ACRODANCE

## WHAT IS ACRODANCE?

AcroDance is a unique discipline that takes stunning moves from gymnastics and is blended with steps and routines from the dance world for a modern approach to dance.

The program is designed to teach a complete understanding of the five principles:

- Flexibility
- Strength
- Balancing
- Limbering
- Tumbling



## Acrodance at Beat

Pre school Acrodance is now available on the timetable in 30 and 45min classes for ages 2-5yrs. In this program children learn vital foundation skills and build strength at an early age.

In 2023 we will introduce further acrodance levels from primary to level 6! Let us know at reception if you are interested in adding this class to your schedule.

[WWW.BEATDANCE.COM.AU](http://WWW.BEATDANCE.COM.AU)

