



# Soul 2 Sole

## Acro Dance Syllabus



### ARCO DANCE DESCRIPTION

- Emphasis on strength, flexibility, muscle control, concentration, and tumbling skills
- Focus on acrobatic techniques tailored for dance routines
- Skills include headstands, handstands, cartwheels, round offs, back bends, limbers, and walkovers
- Goal to integrate acrobatic skills into dance performances

### CLASS OBJECTIVES

- Develop strength, flexibility, and muscle control necessary for acrobatic dance.
- Master fundamental acrobatic skills such as headstands, handstands, cartwheels, round offs, back bends, limbers, and walkovers.
- Enhance coordination and balance through acrobatic movements.
- Integrate acrobatic skills seamlessly into dance routines.
- Prepare for showcase performances to demonstrate acquired skills and progress.

### BENEFITS

- Improves strength, flexibility, and muscle control
- Enhances coordination, balance, and spatial awareness.
- Develops confidence in mastering challenges
- Fosters creativity and versatility in dance performances.
- Promotes discipline, focus, and perseverance through rigorous training.

### DRESS CODE

- Any color & style leotard
- Bare feet
- shorts/skirts/leggings
- Hair off the face

### COMMUNICATION

- BAND APP -
  - Info and files
  - photos & videos



### WHAT OUR YEAR LOOKS LIKE

- Season runs from Sept. through May
- Tuition is processed in 9 monthly installments
- Costume fee: \$50 due Oct 15. remained of balance due Jan. 1
- Membership fee applies to the WHOLE family for the WHOLE season!
- Every class students will be learning 3 new steps and continuing to review and master previously learned steps.
- Attendance is crucial to success and quality of class
  - Every 4-5 weeks based on the calendar, students will be assessed on the skills/steps that were taught and sent home
- We will perform a short dance in our **WINTER SHOWCASE** that is scheduled in December 2024.
  - Costumes are low key for this performance, and usually items that can be found in a closet or purchased inexpensively
- We will also perform one piece in our **END OF YEAR RECITAL**. The dates are still TBD, but please plan on the 2nd or 3rd week of May.
- In April we will have a costume pick up week, picture week, and a stage rehearsal.
- Dancers & Parents must be respectful to all dancers, teachers, & faculty both inside and outside the studio. This includes in person and social media

### STUDIO CONTACT

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