

Acro Division

WWW.ROSEMARYSDANCE.COM
FOUNDED IN 1974 BY ROSEMARY HAMBLY



Acrobatics:

An art form that emphasizes balance, agility and motor coordination. Acro classes do not perform in our annual Recital. This is a separate program from our Dance Division. We will host a virtual performance for family and friends at the end of each semester. Students will receive an award upon completion of each semester. Our instructors are certified to teach the Acrobatic Arts syllabus.



Tuition and Fees:

Our school year season is divided into two 17-week semesters. Each acro class is 45 min. in length and \$225 per semester.

Semester 1 begins September 18, 2023. Payments for Semester 1 may be paid in full or in 3 installments due 9/15, 10/15 and 11/15.

Semester 2 begins February 8, 2024. Payments for Semester 2 may be paid in full or in 3 installments due 2/15, 3/15 and 4/15.



Class Details and Schedule:

All class levels will explore skills that enhance flexibility, strength, balance, limbering and tumbling.

Diamond (age 4-6): Prerequisites: None. Skills at this level include forward roll, flower stretch, assisted bridges and cartwheels.

Ruby (age 4-7): Prerequisites: Forward roll, handstand, teddy bear, push up to bridge and pre-cartwheel. Skills at this level include handstand, cartwheel, bridge down, handstand bridge recover, and bridge down kickover.

Emerald (age 7+): Prerequisites: None. Skills at this level include forward roll, backward roll, dive roll, handstand, headstand, cartwheel, bridge down, handstand bridge recover, bridge down kickover.

Sapphire (age 7+): Prerequisites: forward roll, backward roll, dive roll, handstand, cartwheel, bridge down, handstand bridge recover, bridge down kickover. Skills at this level include handstand forward roll, chest stand, inside out bridge, bridge walk, cartwheel from knees, one-hand cartwheel, forearm stand, front and back walkovers.

Amethyst: Prerequisites: down to bridge and recover, handstand forward roll, chest stand, inside out bridge, bridge walks, forearm stand, cartwheel variations, front and back walkovers. Skills at this level include arabian handstand, limbers, rolling tinsica, valdez, back arabian limber, tick tocks.

Topaz: Prerequisites: arabian handstand forward roll, front limber, pre-rolling tinsica, valdez, back arabian limber, tick tocks. Skills at this level include chest stands from different leg positions, one arm shoulder stand, moon walkovers, side ariel, standing back handspring, rolling tinsica.

Onyx and Rose Quartz levels TBA.

Bristol, RI:

Tuesday 7:15-8:00pm Emerald/Sapphire

Tuesday 8:00-9:00pm Amethyst/Topaz

Rehoboth, MA:

Wednesday 4:00-4:45pm Diamond (Ages 3-6)

Wednesday 4:45-5:30pm Ruby/Emerald (Ages 5-8)

Wednesday 6:00-6:45pm Emerald/ Sapphire (Ages 8+)

Warren, RI:

Tuesday 5:45-6:30pm Diamond/Ruby

Tiverton, RI:

Thursday 5:00-5:45pm (all levels)

How To Register:

Please scan this QR code to be taken directly to the Jackrabbit Portal. There is a \$20 annual registration fee (\$5 per additional student) that will be posted and charged to the card on file once registration is received. Our calendar, dancewear and shoe requirements will be emailed and listed on our website. Thank you for joining our dance family!

