the acro collective at tdc

FALL LESSON PREVIEW

Fall Session

September 21
through
November 22



COACH ISAAC
WEDNESDAYS & FRIDAYS

MISS KELLI
MONDAY, TUESDAY,
THURSDAY, & SATURDAY

MISS FATIH
WEDNESDAY & THURSDAY

MISS JOY
SATURDAYS

MISS JESS
DAYTIME TUMBLING TOTS
& PREK ACRO

MISS KAYLEN
FRIDAYS

REGISTRATION
08/17

WWW.THEDANCECOMPLEXMN.COM

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RATES & PRICING

Privates:

- 30 minutes - $39 per lesson
- 45 minutes - $56 per lesson
- 60 minutes - $72 per lesson



Semi Privates 2 / 3 Students:

Rates are per lesson divided by the students

- 30 minutes - $47 / Not Available
- 45 minutes - $62 / $72
- 60 minutes - $77 / $87

Classes: 9 weeks - Three payments:

First payment due upon registration, second payment due October 5th, third payment due November 5th.

- NEW Tumbling Tots - $65 per month
- NEW PreK Acro - $68 per month
- Beginner - $82 per month
- Intermediate 1 - $85 per month
- Intermediate 2 - $88 per month
- Aerials - $88 per month
- Advanced Acro - $91per month

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CLASS DESCRIPTIONS

Tumbling Tots

This class is perfect for your little tumbler ages 18 months to young 3 years who is looking to move, jump, roll, & be upside down. Tumbling Tots is a great way to learn body awareness, muscle control, large motor skills, balance, & skills. This class is offered during the day for flexibility of families. Tumbling Tots is a parent and student class for the comfort of your toddler.

Preschool Acro

This class is for preschoolers ages 3 to 4 who is looking for introduction to acro and beginners to learn acro foundations. This class is a great way to learn body awareness, muscle control, large motor skills, balance, & skills. This class is offered during the day for flexibility of families.

Beginner Class

Acro class that is for students wanting to learn more acro skills. This is a class for beginners or intermediate level students to learn basic foundations and continue their fundamentals acro. Skills include handstands, cartwheels, back bends, kick overs, contortion rolls and strength and flexibility.

Intermediate One

Acro class that is for students wanting to learn more acro skills. This is a class for intermediate level students to continue their fundamentals acro. Skills include sugar bowls, front and back walkovers, contortion rolls, strengthening cartwheels for aerials, and strength and flexibility.

Intermediate Two

After successfully accomplishing skills from Intermediate one, students continue to train various Acro skills to enhance their Acro repertoire. This class often allows students to learn variations of Acro Skills. Skills: Back & Front Walkover, Sugar Bowl, Spider Roll, Head Kip, Toe Rise Skills, Valdez, Tinsica, etc.

Aerial Class

This class is for students who are wanting to start learning aerials or students who have started their aerial journey and working towards achieving their aerial. Prerequisites include accomplished cartwheel or front walk over. Side or Front Aerial, Dominant or Non-Dominant, Rise-Up Aerial, etc.

Advanced Class

Acro class for students to learn advanced skills and acro combos in addition to side and front aerials. Skills can include butterflies, non-dominant aerials, handsprings, hand-kips, and various flips.