

Acrobatic Dance

Aspire offers the study of AcroDance through the American Company Acrobatic Arts. The program is based on safe and effective progressions with proven results in five divisions of AcroDance: Flexibility, Strength, Balancing, Limbering and Tumbling. Developed with input from professionals and experts in ballet, modern dance, jazz, contortion, artistic gymnastics, rhythmic gymnastics, sport acrobatics, yoga, acro yoga, Pilates, physiotherapy, hand balancing and more, you will not find a more comprehensive program. Simple, thoughtful progressions take the Beginner preschool level dancer from log rolls and somersaults to the advanced dancer tumbling effortlessly across the stage!