

Acro



Dance Theme Academy takes pride in offering a dynamic Acro program that follows the renowned Acrobatic Arts curriculum. Our Acro program is designed to provide a comprehensive and safe training experience for dancers of all ages and skill levels.

Following the Acrobatic Arts curriculum ensures that our instructors have the necessary knowledge and expertise to teach AcroDance effectively. The curriculum covers a wide range of essential aspects, including anatomy, technique, progressions, lesson planning, choreography, and more. This well-researched program has been developed with input from over 100 experts in related fields, making it the most trusted and respected program in the industry.

Our Acro program caters to students at every stage of their acrobatic journey. We offer classes for all ages and levels, allowing dancers to progress at their own pace while building strength, flexibility, and coordination. From beginners exploring their first acrobatic moves to advanced dancers mastering intricate tumbling skills, our program ensures a holistic and progressive approach to skill development.

Safety is of utmost importance to us, and we prioritize proper technique and skill progression in our Acro classes. Our dedicated instructors provide individual attention, ensuring that each student receives personalized guidance and support. With a focus on developing strength, balance, and body awareness, our Acro program nurtures both the artistic and athletic aspects of dance.

Dance Theme Academy's Acro program creates a positive and encouraging environment for dancers to explore their acrobatic potential. Whether students aim to incorporate acrobatic elements into their dance routines or wish to pursue AcroDance as a standalone discipline, our program offers a solid foundation and the opportunity to develop impressive skills.

Join us at Dance Theme Academy and experience the exciting and well-rounded Acro program that follows the esteemed Acrobatic Arts curriculum. Prepare to push your boundaries, achieve new heights, and thrive in a supportive community that fosters growth and creativity in AcroDance.

[Find out more about
Acrobatic Arts here](#)

