

# **Intro to Acrobatics**

## **Ages 4-6**

Acrobatics at Just Dance focuses on strength and flexibility that a student can transfer into their other dance classes. Basic tumbling and flexibility exercises will be taught, such as forward rolls, cartwheels, bridges, splits and jumps. This class is a great beginning course for young students who want to focus on acrobatics and gymnastics.

### Class structure and curriculum:

- Center warm-ups
- Core, arm and leg strengthening
- Flexibility work especially in back and hips
- Mat exercises
- Center balance and leg extension technique
- Cool down and stretch