

ACRO LEVEL DESCRIPTIONS

ACRO KIDS

-NO EXPERIENCE NEEDED

LEVEL 1

NEEDS TO HAVE MASTERED THE SKILLS LISTED BELOW TO BE IN LEVEL 1:

- CARTWHEEL ON AT LEAST 1 SIDE**
- SOMERSAULT/FORWARD ROLL**
- BRIDGE LAYING FROM THE GROUND WITH STRAIGHT ARMS**
- HANDSTAND KICKUP**
- BRIDGE WALKS**

LEVEL 2

NEEDS TO HAVE MASTERED THE SKILLS LISTED BELOW TO BE IN LEVEL 2:

- CARTWHEEL ON BOTH SIDES**
- BRIDGE RECOVERY (GOING DOWN TO BRIDGE AND STANDING UP BY YOURSELF)**
- HANDSTAND KICK UP**
- BACKBEND KICKOVER**
- FRONT LIMBER (HANDSTAND TO BRIDGE)**
- CHEST STAND (HOLDING FOR 5 SECONDS WITH LEGS STRAIGHT AND FEET TOGETHER)**

*Spots are filling fast!
Register online today*

LEVEL 3

NEEDS TO HAVE MASTERED THE SKILLS LISTED BELOW TO BE IN LEVEL 3:

- CARTWHEEL ON BOTH SIDES**
- BRIDGE RECOVERY (GOING DOWN TO BRIDGE AND STANDING UP BY YOURSELF)**
- HANDSTAND KICK UP (HOLD FOR 5 SECONDS WITH FEET TOGETHER)**
- FRONT WALKOVER**
- BACK WALKOVER**
- CHEST STAND (HOLDING FOR 10 SECONDS WITH LEGS STRAIGHT AND FEET TOGETHER)**
- BRIDGE WALKS**
- INSIDE OUT BRIDGES (FLIPPING IN AND OUT OF YOUR BRIDGE)**
- DIVE CARTWHEELS**

LEVEL 4

NEEDS TO HAVE MASTERED THE SKILLS LISTED BELOW TO BE IN LEVEL 4:

- CARTWHEEL ON BOTH SIDES**
- BRIDGE RECOVERY (GOING DOWN TO BRIDGE AND STANDING UP BY YOURSELF)**
- HANDSTAND KICK UP ON BOTH LEGS (HOLD FOR 8 SECONDS WITH FEET TOGETHER)**
- FRONT WALKOVER**
- BACK WALKOVER**
- AERIAL (BY YOURSELF)**
- HEADSPRING (HEAD KIP)**
- DIVE FRONT WALKOVER**

