

## Acro Fall 2026 Classes:

### All classes capped at 14 students

Acro classes are designed specifically for dancers and are not solely tumbling-based. In addition to skill development, classes emphasize strength, control, flexibility, and the quality of movement between skills to create seamless transitions for choreography. As levels progress, increased focus is placed on technique, execution, and movement quality, not just the ability to perform individual skills.

#### Acro Placement Policy

Placement and skill benchmarks are carefully assessed by instructors and the director to ensure each dancer is in the most appropriate level for their growth and success. To maintain consistency in class progress, any student placement adjustments will be made at the discretion of the instructor or director as early in the season as possible.

*Skill benchmarks represent minimum guidelines. Placement is based on overall readiness, including strength, flexibility, control, and ability to follow instruction, not skills alone.*

*\*Benchmarks are subject to change from year to year based on acro program growth and development*

#### Dancers New to OCD Acro

Please review all age and skill benchmarks prior to enrollment. Proper placement is essential for dancer safety and progression.

Acro Prep (1 hr)	Acro Essentials (1 hr)
<b>Requirements:</b> Age 5+	<b>Minimum Skill Benchmarks:</b> Age 6+   Teacher Evaluation Required <ul style="list-style-type: none"> <li>• <b>Limbering:</b> Bridge (20s), backbend down &amp; up a wall</li> <li>• <b>Tumbling:</b> Cartwheel (both sides), handstand roll</li> <li>• <b>Balance:</b> Headstand (5s)</li> </ul>
Maggie Goodley	David Dulong
Illaria Hixon	Danica Freund
Genny Gilbert-Differ	Ella Lindsey
Alice Stevenson	Melissa Deecki
Vera Wolfe	Madisyn Matthews
Leah Bricks	Evelyn Tatum
Hannah Abrams	Bridget Gendell
Wesley Brown	Charlotte "Charlie" LoCasale
Julia Byrne	Karly Yontosh
Olive Claudio	Skylar Kasecamp
Harper Roney	Everly Barton
	Evelyn Gill
	Cade Susi

<b>Acro Technique</b> (1 hr 15 mins)	<b>Acro Advanced</b> (1 hr 15 mins)
<p><b>Minimum Skill Benchmarks:</b> Age 7+   Teacher Evaluation Required</p> <ul style="list-style-type: none"> <li>• <b>Limbering:</b> Bridge with shoulders stacked over hands, down to bridge + stand</li> <li>• <b>Tumbling:</b> Handstand to bridge, elevated kickover, one-handed cartwheel (both sides)</li> <li>• <b>Balance:</b> Straight-leg headstand (5s)</li> <li>• <b>Flexibility:</b> At least 2 of 3 splits (right/left/straddle) within ~6" of the floor</li> </ul>	<p><b>Minimum Skill Benchmarks:</b> Age 7+   Teacher Evaluation Required</p> <ul style="list-style-type: none"> <li>• <b>Limbering:</b> Kickovers (both sides) or back walkover (one side)</li> <li>• <b>Tumbling:</b> Front limber or front walkover</li> <li>• <b>Balance:</b> Cheststand or forearm stand (5s)</li> <li>• <b>Flexibility:</b> At least 2 of 3 splits within ~4" of the floor</li> </ul>
Grace Dale	Rose Dale
Juliana Dulong	Jessica Jones
Caitlin Garritty	Annalise Susi
Onora Connolly	Luzette Tovar
Faith Dale	Grace Beard
Olivia Jones	Amelia Kelleher
Olivia Vacca	Anna Kelmelis
Halle Brown	Lucienne Macko
Emerson Cook	
Eliyanah Derstine	
Nevaeh Tillie	
Victoria Gimbl	

<b>Acro Elite</b> (1 hr 15 mins)
<p><b>Requirements:</b> Age: 12+ &amp; <i>Teacher Invite only</i></p>
Ryan Brown
Elianna Hampton
Erin McGinley
Addi Paolo
Rae Paolo
Krista Prinsloo
Abigail Weaver
Emily Weaver
Janelle Winters
Addie Willis
Aubrey Tumolo