

ACROBATIC ROCK'N'ROLL ACADEMY OF BOSTON

2016-2017 CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GYMNASTICS / TUMBLING (55 Min. Class, 1/week) \$120 for 10 weeks (55 Min. Class, 2/week) \$215 for 10 weeks (55 Min. Class, 3/week) \$295 for 10 weeks	Introductory program for boys and girls designed to develop fundamental gymnastics skills and expose to volt, bars, balance beam and tumbling of artistic gymnastics, as well as the use of rhythmic gymnastics apparatuses: ribbons, balls, hoops and ropes in fun and spectacular ways. It enables every child to work at his or her own level developing body awareness, flexibility, strength and confidence.					
COMBO GYMNASTICS (4 - 7 YRS)			3:30-4:25pm	3:30-4:25pm		10:00-10:55am
TUMBLING (60 Min. Class, 1/week) \$130 for 10 weeks (60 Min. Class, 2/week) \$235 for 10 weeks (60 Min. Class, 3/week) \$315 for 10 weeks	The objective for this program is for the students to learn technically correct tumbling skills, flexibility, and strength. Participants are taught tumbling skills with technique that may be transferred to the practice field, the basketball court or competition arena. Classes are divided by ability and age: Level A (6-10 y.o.): Students learn the basic body positions, rolling, handstands, cartwheels, and bridges, as well as begin to develop power tumbling skills and add running and snapping. Level B (8-12 y.o.): More advanced level of tumbling, where the student will add height and flipping to power moves learned at the Level A, as well as forward and backward limbers, back/front walkovers, back/front handsprings, etc.					
LEVEL A & B (6 - 12 YRS)				4:30-5:30pm	4:30-5:30pm	10:00-11:00am
ACROBATIC ROCK-N-ROLL Beginner-1 (60 Min. Class, 1/week) \$160 for 10 weeks (60 Min. Class, 2/week) \$265 for 10 weeks	Class for boys and girls! Combines the beauty of the dance with consistent physical activities in the dynamic rhythm of contemporary rock-n-roll music. Kids will learn basic footsteps including kicks, hops, bouncing movements, energetic choreography, as well as acrobatic elements. Performance at the end of the year.					
BOYS & GIRLS (5 - 13 YRS)	4:30-5:30pm		4:30-5:30pm			
ACROBATIC ROCK-N-ROLL YOUTH TEAM Competitive** (1.5 hr Class, 2/week) \$270 for 8 weeks (1.5 hr Class, 3/week) \$320 for 8 weeks*	**Minimum Skill Requirements for Acceptance into this Class. Head Coach Approval Required** Young people with experience in sports and/or dance, as well as those who show high potential in Pre-Team, Tumbling & Gymnastics programs may be selected to join our Acrobatic Rock-n-Roll "Elite Team". This category designed to move FAST and is for advanced students with relevant background including jazz, tap, modern, hip-hop, ballroom, acrobatic rock-n-roll, gymnastics, cheerleading, acrobatics, circus arts. Competitive style of acrobatic Rock-n-Roll. Shows, performances and dance competitions!					
BOYS & GIRLS (6 - 9 YRS)	5:30-7:00pm			5:30-7:00pm	5:30-7:00pm	11:00am -12pm Complimentary* Gymnastics/Acro
ACROBATIC ROCK-N-ROLL Girls Group Dance TEAM – "FORMATION" ** (60 Min. Class, 1/week) \$150 for 10 weeks (60 Min. Class, 2/week) \$235 for 10 weeks	**Minimum Skill Requirements for Acceptance into this Class. Head Coach Approval Required** Fun and energetic Rock-n-Roll dance program for girls only (no partner is needed!) - combines modern R-n-R choreography, moderate acrobatics, contemporary music and team work. Participation in shows, performances and even dance competitions!					
GIRLS (7 - 13 YRS)			5:30-6:30pm		7:00-8:00pm	
ACROBATIC ROCK-N-ROLL JUNIOR TEAM Competitive ** (up to 4/week) \$450 for 8 weeks*	**Minimum Skill Requirements for Acceptance into this Class. Head Coach Approval Required** Young people with experience in sports and/or dance, as well as those who show high potential in Pre-Team, Tumbling & Gymnastics programs may be selected to join our Acrobatic Rock-n-Roll "Elite Team". This category designed to move FAST and is for advanced students with relevant background including jazz, tap, modern, hip-hop, ballroom, acrobatic rock-n-roll, gymnastics, cheerleading, acrobatics, circus arts. Competitive style of acrobatic Rock-n-Roll. Shows, performances and dance competitions!					
BOYS & GIRLS (8-18, skill based)	7:00-9:00pm		6:30-8:00pm	7:00-9:00pm	8:00-9:00pm (private/X-tra lessons)	12:00-1:30pm Complimentary* Gymnastics/Acro

Non-refundable annual registration fee is \$50.00 per child or \$60.00 per family (through August 31, 2017).



Birthday Party!

with
Acrobatic Rock'n'Roll Academy !

Celebrate your child's birthday with exciting Sports and/or Dancing experience – a day to truly remember !!!

Children ages 4 and up.

- ✚ Music and Movements
- ✚ Dance
- ✚ Gymnastics
- ✚ Obstacle Courses (jumping, rolling, bouncing...)
- ✚ 2 Bounce Houses (*Extra charge*)
- ✚ Games
- ✚ Parachute Activity and More!
- ✚ Invitations for all your guests
- ✚ We provide the party table cloth
- ✚ We do all the cleaning for you.

A party of up to 12 children

Additional child: \$10

Additional time: extra prorated charge

Members: \$200/ Non Members: \$220

Our enthusiastic instructors with many years of experience will make your child feel special, provide dynamic exciting program, and let your child have a lot of fun with his/her best friends!



ACROBATIC ROCK'N'ROLL ACADEMY

2016 – 2017 Season

Sports & Dance Programs for Kids

Acrobatic Rock-n-Roll
Partner Dancing



Tumbling

Girls Formation
Dance Team



Gymnastics



CHECK OUR WEBSITE FOR DETAILS

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