

**CONNECTIONS DANCE COLLECTIVE
ACRO LEVEL PREREQUISITES - SEASON 6 (2024/2025)**

PLEASE NOTE:

- There are no prerequisites for our Tiny Tumblers or Acro Level 1 classes
- All dancers will be placed in a level based on their ability to perform the below prerequisite skills **safely, with proper technique, and without assistance (based on instructor discretion).**
- **A dancer's level placement is final and may not be changed without a formal re-assessment (additional charges will apply).**
- A dancer must demonstrate proficiency in at least 75% of the required skills in a level to be accepted into a class.

LEVEL 2 PREREQUISITES

FLEXIBILITY	STRENGTH	BALANCING	LIMBERING	TUMBLING
<input type="checkbox"/> Pre-Toes to Head (6 inches)	<input type="checkbox"/> Frog jumps (5 in a row)	<input type="checkbox"/> Teddy bear stand (hold 10 sec)	<input type="checkbox"/> Push up to bridge (hold 10 sec)	<input type="checkbox"/> Rock and roll (standing to standing)
<input type="checkbox"/> Pre-Forward bend (6 inches)	<input type="checkbox"/> Table top (hold 20 sec)	<input type="checkbox"/> Stand on single foot demonstration (hold 5 sec)	<input type="checkbox"/> Pike, tuck, straddle demonstration	<input type="checkbox"/> Forward roll

LEVEL 3 PREREQUISITES

FLEXIBILITY	STRENGTH	BALANCING	LIMBERING	TUMBLING
<input type="checkbox"/> All level 2 skills unassisted	<input type="checkbox"/> All level 2 skills unassisted	<input type="checkbox"/> All level 2 skills unassisted	<input type="checkbox"/> All level 2 skills unassisted	<input type="checkbox"/> All level 2 skills unassisted
<input type="checkbox"/> Pre-Forward bend (4 inches)	<input type="checkbox"/> Plank (hold 20 sec)	<input type="checkbox"/> Straight headstand (hold 10 sec)	<input type="checkbox"/> Down to bridge from standing	<input type="checkbox"/> Cartwheel right or left
<input type="checkbox"/> Pre-Splits Right (6 inches)	<input type="checkbox"/> Superman (hold 20 sec)		<input type="checkbox"/> Bridge and recover	<input type="checkbox"/> Straight handstand right and left
<input type="checkbox"/> Pre-Splits Left (6 inches)			<input type="checkbox"/> Handstand to bridge	

LEVEL 4 PREREQUISITES

FLEXIBILITY	STRENGTH	BALANCING	LIMBERING	TUMBLING
<input type="checkbox"/> All level 3 skills unassisted	<input type="checkbox"/> All level 3 skills unassisted	<input type="checkbox"/> All level 3 skills unassisted	<input type="checkbox"/> All level 3 skills unassisted	<input type="checkbox"/> All level 3 skills unassisted
<input type="checkbox"/> Pre-Splits Centre (6 inches)	<input type="checkbox"/> Plank (hold 40 sec)	<input type="checkbox"/> Straight headstand (hold 20 sec)	<input type="checkbox"/> Front limber (handstand to bridge and recover)	<input type="checkbox"/> Cartwheel right and left
<input type="checkbox"/> Pre-Splits Right (4 inches)	<input type="checkbox"/> Superman (hold 40 sec)		<input type="checkbox"/> Bridge kickover	<input type="checkbox"/> One handed cartwheel right or left
<input type="checkbox"/> Pre-Splits Left (4 inches)				

LEVEL 5 PREREQUISITES

FLEXIBILITY	STRENGTH	BALANCING	LIMBERING	TUMBLING
<input type="checkbox"/> All level 4 skills unassisted	<input type="checkbox"/> All level 4 skills unassisted	<input type="checkbox"/> All level 4 skills unassisted	<input type="checkbox"/> All level 4 skills unassisted	<input type="checkbox"/> All level 4 skills unassisted
<input type="checkbox"/> Pre-Splits Centre (4 inches)	<input type="checkbox"/> Plank (hold 60 sec)	<input type="checkbox"/> Straight headstand (hold 20 sec)	<input type="checkbox"/> Front walkover	<input type="checkbox"/> Cartwheel right and left
<input type="checkbox"/> Pre-Splits Right (2 inches)	<input type="checkbox"/> Superman (hold 60 sec)	<input type="checkbox"/> Chest stand demonstration (legs straight and together)	<input type="checkbox"/> Back walkover	<input type="checkbox"/> One handed cartwheel right and left
<input type="checkbox"/> Pre-Splits Left (2 inches)	<input type="checkbox"/> Upper body lifts (15 consecutive)	<input type="checkbox"/> Half scorpion right or left (hold 5 sec)	<input type="checkbox"/> 16 count bridge and recover	<input type="checkbox"/> Round-off and set
<input type="checkbox"/> Forward bend (touching floor)	<input type="checkbox"/> Bridge (hold 30 sec)		<input type="checkbox"/> Arabian handstand to forward roll	<input type="checkbox"/> Flying cartwheel
				<input type="checkbox"/> Pop cartwheel