



****NEW!** ACRO & TUMBLING CLASSES**

In September 2016 Lynden Dance will add Acrobatic Dance and Tumbling to its curriculum.

As the name suggests, Acro is a dance form that combines classical and modern jazz dance with acrobatic and gymnastic elements, including lifts, jumps, tumbles and other acrobatic movements.

It is a fun and awe-inspiring dance style that demonstrates grace, strength and flexibility as well as teamwork and discipline. Acro is designed to enhance and compliment other dance forms and it is therefore highly recommended as an additional class to our combined graded Ballet, Tap and Modern Jazz classes rather than as a stand-alone subject.



The classes would be suitable for complete beginners as well as those who are more proficient. All levels will cover the BTDA syllabus and students will be given the opportunity to take graded exams and awards if they wish.

Intermediate and Senior students will train with expert tumbling/gymnastic coaches on a regular basis. Juniors will focus more on strength, flexibility and basic acrobatic moves and their class will not include any tumbling.

Class Times & Fees:

Junior– Acro Dance (age 4-8yrs) Mondays - 4.40 – 5.25 – Basingstoke Sports Centre - £60 for a 10 lesson term.

Inter Acro Dance & Tumbling (age 9-13) Saturdays – 1.30 -2.30pm – Basingstoke Sports Centre - £90 for a 10 lesson term.

Senior Acro Dance & Tumbling (Approx 12yrs up) Mondays – 7.30 – 8.30 – Moniton Trading Est, West Ham Rd, Basingstoke - - £90 for a 10 lesson term.