



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



Age 4yrs – Teens

For further information please email Lyndendance@aol.com.

As the name suggests, Acro is a dance form that combines classical and modern jazz dance with acrobatic and gymnastic elements. It is a fun and awe-inspiring dance style that demonstrates grace, strength and flexibility as well as teamwork and discipline.

The classes are 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

Junior– Acro Dance (age 4-8) Mondays - 4.40 – 5.25 – Basingstoke Sports Centre
Inter Acro Dance & Tumbling (age 9-13) Saturdays – 1.30 -2.30pm – Basingstoke Sports Centre

Senior Acro Dance & Tumbling (Approx 12yrs up) Mondays – 7.30 – 8.30 – Moniton Trading Est, West Ham Rd, Basingstoke

The Lynden School of Dance - www.lyndendance.co.uk
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