

This page provides an outline for leveling for Acro & Tumbling classes at Elite Studios. Read below to determine which level is appropriate for your dancer.

Acro & Tumbling classes are crafted for students based on the Acrobatic Arts syllabus, a developed a program to grow your dancer's acrobatic vocabulary at their individual tumbling skill level! Our Acro & Tumbling classes are a primarily dance-focused curriculum focusing on skills rooted in dance vocabulary, versus cheerleading or gymnastics.

ACRO & TUMBLING

BEGINNER REQUIRED KEY SKILLS

- [Push to Bridge](#)
- [Forward Roll](#)
- [Cartwheel \(Right or Left\)](#)
- [Handstand facing the wall](#)
- [Handstand \(center\)](#)



Click any skill to see an example video.

INTERMEDIATE REQUIRED KEY SKILLS

PLUS PREVIOUS LEVEL

- [Down to Bridge](#)
- [Bridge Recover](#)
- [Bridge Kick Over \(Right or Left\)](#)
- [Cartwheel \(Right and left\)](#)
- [One Handed Cartwheel \(Far Hand\)](#)
- [Front Limber](#)

ADVANCED REQUIRED KEY SKILLS

PLUS PREVIOUS LEVEL

- [Front Walkover \(Right and Left\)](#)
- [Back Walkover \(Right and Left\)](#)
- [Hurdle Round Off](#)
- [Side Aerial \(Right or Left\)](#)
- [Standing Back Handspring](#)

