

Acro Classes – Uniform and Conduct

Due to the style of dance is it, Acrobatics can cause more injuries than other dance styles. Therefore, we have in place a series of rules to ensure everyone's safety in class, as well as suggestions for practicing outside of class.

In-Class Conduct

- For classes larger than 4, we will always try to have AT LEAST two adults in Acro classes, a lead teacher and one or more assistants. Our Lead Teacher is Caroline Burke. The Lead Teacher has final say in class, such as when a student is ready to try a move on their own, etc.
- When going through moves one at a time, or in small groups, we ask that students sit down and wait their turn quietly, as to not distract the student or teacher.
- Students should not attempt a move, even if previously attempted, unless being observed by a teacher or assistant. (If the Lead Teacher has given the student permission to practice on their own, then they may do so)
- Students should avoid talking during classes, where possible, to ensure all instructions and corrections are heard
- **Warning System** – students will be given one safety warning in a class for misbehaviour. If a student has to be spoken to again, they will be asked to sit down for the remainder of the class. If this happens 3 times in a term, the student will be asked to leave the class
- The Lead Teacher has final say in all class matters



Uniform in Class

- **Girls:** Leotard & leggings or footless tights are ideal. Hair must be tied back and away from the face at all times, preferably in a low bun – a high bun can get in the way of certain moves
- **Boys:** Leotard or vest top & leggings or shorts.
- All clothing should be fairly tight fitting – due to the nature of the dance, loose clothing can get in the way and prevent us from spotting incorrect technique
- We will allow students to wear crop tops and bicycle-style shorts to classes, as long as they are not loose-fitting
- Loose clothing may be worn during the warm-up ONLY, unless a teacher says otherwise
- Students will be dancing bare foot as this helps us spot correct technique and allows for a better floor grip
- If a student does not arrive at class in the correct uniform, they will be given one of our spare leotards to wear for the session.



Practice at Home

- Always make sure there is someone to watch you practicing, this will help prevent injuries
 - Practice in a large room with open floor space, or outside on grass – make sure there is not furniture near you in any direction
 - A small crash mat will help prevent injury, if you have one
- A yoga mat is always good for any static practicing
 - Do not attempt tricks that you have not yet been properly taught - always ask a teacher if you can practice specific, more advanced moves at home.