



DANCE & ACRO INTENSIVE INFORMATION

Our Dance and Acro Intensives Camps are a great way for dancers improve their technique and develop new skills over the summer.

Dance Intensive is a full day camp for dancers in Grade 4 or above as of Sept 2019 and who have at least 3 years of dance experience. Dancers focus on strengthening their technique and performance skills while training in a variety of styles with Tandem Studios instructors and special guest teachers.

Dates & Times	Per Session Fees
Session 4: July 22 - 26 Full Day: 9:00 am – 4:00 pm Session 7: August 12 – 16 Full Day: 9:00 am – 4:00 pm	\$400 full day

Acro Intensive is a half day camp for dancers in Grade 2 or above as of Sept 2019 who want to learn new skills in a safe and supportive environment. Dancers work in groups based on age and ability to build strength, flexibility and progress to new skills. Dancers should have 2 years of previous dance and acro or gymnastics experience.

Dates & Times	Per Session Fees
Session 3: July 15 - 19 Intermediate 9 am – 12 pm Junior 1 pm – 4 pm Elite 4pm – 7 pm Session 7: August 12 – 16 Intermediate 9 am – 12 pm Junior 1 pm – 4 pm Elite 4pm – 7 pm	\$200 half day

Acro Intensive Levels: Pre-Requisites

Junior (class level equivalent - Acro 2)

- Minimum age 6 yrs, plus 2 years of dance and acro or gymnastics training.
- Dancers in this level should be able to complete a cartwheel and have some capability with basic balance and flexibility skills such as a headstand and a bridge
- Dancers in this level will be working towards front and back walkovers and walkover variations, aerial cartwheel progressions and balance skills such as chest and elbow stands.

Intermediate (class level equivalent - Acro 3/4)

- Minimum age 8 yrs, plus 3 years of dance of acro or gymnastics training
- Dancers in this level should be able to complete walkover variations, basic ‘flight’ skills such as a side aerial or front handspring, and balance skills such as hand stands and elbow stands.
- Dancers in this level will be working towards more complex walkover and aerial variations, connected tumbling skills such as round off back handsprings, and balance skill variations such as handstand walking and pirouettes.

Elite (class level equivalent - Acro 5+)

- Minimum age 10 yrs , plus 5 years of dance of acro or gymnastics training
- Dancers in this level should be able to complete a variety of walkover variations and ‘flight’ skills including aerial variations and connected back handsprings, plus strength and flexibility skills such as a handstand walking.
- Dancers in this level will be working towards more advanced connected tumbling skills such as aerial back handspring, round off back layouts, cartwheel layouts and advanced balance/flexibility skills such as scorpions.