



ACROBATIC ARTS

CREATING THE WORLD'S MOST TRUSTED ACRO PROGRAMS



What Do We Do?

The **Acrobatic Arts** program is based on safe and effective progressions with proven results in five divisions of AcroDance: Flexibility, Strength, Balancing, Limbering & Tumbling. Developed with experts in ballet, modern jazz, contortion, artistic gymnastics, rhythmic gymnastics, sport acrobatics, yoga, acro yoga, pilates, physiotherapy, hand balancing and more, you will not find a more comprehensive program. Simple, thoughtful progressions take the beginner level dancer from log & forward rolls to the advanced dancer tumbling effortlessly across the stage!

In 2019 the **IDTA** rewrote and hugely improved their Gymnastic Dance syllabus, so the brand new **IDTA Acrobatic Dance** syllabus is now also taught in our Acro sessions to broaden our opportunity for exams.

We have also qualified with the world renowned **Alixia Flexibility** to support our Acro program with properly taught flexibility, injury prevention, and safe techniques to stretch & improve.

The **AcroDance** curriculum focuses on physical literacy; it is aimed at 3-6 year olds and equips dancers with the skills they will need to progress into our **Acrobatic Arts** programs. We focus on acro positions, basic tumbling skills (rolls, pre cartwheel etc), locomotive skills, balance, movement concepts, cooperation and social skills. Our little Acro dancers love the report cards, colouring pages, imaginary play, fun and games.

We aim to develop technique and improve strength, flexibility and confidence, with a focus on partnering and team success

Bag your **FREE** taster now:
<https://www.cdcdance.co.uk/contact>

Class Groups

AcroDance (3-6yrs)
Mondays 4pm – 4:45pm

Acro Arts Primary & Level 1 (aimed at 6-10yrs)
Mondays 5 – 6pm

Acro Arts Level 4+ (all ages - ability based)
Saturdays 1:30 – 3:30pm



Where Are We?

CDC Dance Ltd

Above Poundland/Clarks

153 High Street
Kings Heath
Birmingham
B14 7DG

Our 2019 renovated studios are above Poundland and Clarks, the doorway is to the left of Poundland's entrance, shared with Fitness4Life gym, with stairs only up to the first floor

If travelling by car, the St Dunstan's car park directly behind the building on Institute Road is the best place to park

Facilities

Our newly refitted venue boasts:

- 3 studios, with a folding partition wall between studios 1 & 2, allowing a more flexible space;
- toilets with baby change and a 'Little People' toilet;
- a changing room with lockers;
- video entry/exit security system;
- CDC staff & guest wifi broadband;
- Bose sound system;
- big screen projection equipment;
- Le Mark dance flooring;
- full dance safety mirrors;
- barres;
- AcroPAD inflatable floor, roller & crash mats
- 4 hand sanitiser stations
- Industrial fogger for anti-viral cleaning
- Option for attending class online via Zoom if isolating



What to Wear

GIRLS CDC Dance branded leggings with choice of CDC crop top / vest, or if take additional dance classes with CDC, uniform leotard can be worn.

Bare feet & long hair must be in a low bun or plait(s).

BOYS wear white sleeveless leotard or vest and black CDC Dance branded leggings, bare feet

GIRLS & BOYS choice of CDC Dance branded T shirt / sweatshirt / hoodie / onesie for warm up only, no loose clothing when the class is underway

All uniform can be bought on our website:

<https://www.cdcdance.co.uk/shop>

Terms

The first class is a **FREE** taster. You can then pay weekly for the first month before switching onto advance monthly payments via GoCardless DD

Monthly fees are calculated as:

(Weekly Fee x 40 weeks) * Divided by 12 months

Class	1 st Sibling Monthly Fee	2 nd Sibling Fee	3 rd Sibling
AcroDance	£20 (£6 per class)	£16.67 (£5)	FREE
1 Hour AcroArts	£20 (£6 per class)	£16.67 (£5)	FREE
2 Hours AcroArts	£30 (£9 per class)	£26.67 (£8)	FREE

In addition to the monthly class fee, there is a £2 per family, per month, admin fee payable and an annual membership fee, due at the start of each calendar year.



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