



# Acro Arts



Kings Premier Health Club, Kings Road,  
St Peter Port, Guernsey GY1 1QF

T: 01481 723366 | E: [kids@kings.gg](mailto:kids@kings.gg) | W: [www.kings.gg/kids](http://www.kings.gg/kids)





## ACRO

Acro, short for Acrobatic Arts is a unique blend of dancing and gymnastic disciplines that is taking the dance world by storm. Impressive gymnastic moves are blended with steps and routines from the classic dance world for an athletic and inspiring modern dance fusion.

Simple thoughtful progressions take the beginner preschool level dancer from log rolls and somersaults through to become an advanced dancer tumbling effortlessly across the stage!

Acro also helps to develop fine and gross motor skills in a fun and enjoyable way.

Acro, like any type of dance, is a great form of self-expression and will help to build self-confidence, give better co-ordination and greater self-expression. It incorporates elements from many other dance traditions including ballet, modern dance and Jazz alongside elements from fitness activities such as yoga and pilates.

### SEE THE LATEST TIMETABLE FOR DATES AND PRICES

To register your child, you will need to complete a Kings Child Registration Form and hand it in together with payment in full by cheque / card / cash (cheques to be made payable to Kings Premier Health Club).

All payments should be made through Kings reception only. T&Cs apply.