

★ *What is Acrobatics?*

Acrobatic Dance, or acro as it is commonly referred to by dancers and dance professionals, is the beautiful fusion of classic dance technique and the precision and athleticism of acrobatic elements.

Often defined by unique choreography, acro dancers seamlessly blend musicality, emotional expression, line and extension with acrobatic movements in a dance context.

- ✓ New Acrobatic Dance Class ages 7 - 12
- ✓ Be part of our O'Hanlon Dance Teams
- ✓ Qualified Acrobatic Teachers
- ✓ Learn New Tricks - Aerial, walk overs, front handspring and much more
- ✓ Join our family

★ *O' Hanlon*

A c r o b a t i c D a n c e

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★ *O' Hanlon*

A c r o b a t i c D a n c e



NEW

O'HANLON ACROBATIC DANCE - BE PART OF SOMETHING VERY SPECIAL



The Benefits

Dancers who train through Acrobatic Arts have balanced development, are stronger, more flexible and fearless.

Studios that implement this program will see dancers with more skills, who have fewer accidents, and are less likely to develop chronic injuries.

Exams

The Acrobatic Arts examination process is designed to motivate dancers. Having defined and achievable goals is a proven way to motivate dancers to excel.

Dancers work through twelve exam levels, each designed to create a well-balanced acrobat, including elements of flexibility, strength, balance, limbering and tumbling.

Where

-  Terenure College RFC
-  KCR Dance Studios

Our teachers are trained in all forms of dance and now adding on this exceptional program to give students an all-round dance education.