



DANCE, TUMBLING, YOGA, and AERIAL ARTS

AQUA ACRO CLASSES

PROGRAM INFORMATION

WELCOME

The staff at Aqua Acro Entertainment would like to welcome you to the Dance, Tumbling, YOGA, and Aerial Arts programs. We believe that engaging in activities that promote fitness and wellness while also igniting the imagination is important for growth. Through the Aerial Silks and Tumbling program, each student can participate in unique and diverse methods of ways of engaging the mind and the body.

WHY SHOULD WE JOIN?

- To develop character through sport
- To teach and develop healthy exercise habits
- To participate in opportunities for personal growth
- To improve strength and flexibility
- To make great friends
- To have FUN!

RULES AND POLICIES

- There are no make-up classes when a student misses class.
- A student may receive a refund for medical absence with a doctor's note.
- Neither the individual facilities nor Aqua Acro Entertainment are responsible for any lost or misplaced items.
- Proper dress code must be adhered to for the safety of all students.
- Students should arrive to class a few minutes early to insure participation in warm ups. This is for the safety of the athletes.
- Parents of minor students should pick up their students on time. Habitually late pick ups (More than 2 classes a month later than 15 minutes after the end of class) will result in a late pick up fee of \$20.
- To drop a class, you must give the coach notice in writing, or email aquaacroclasses@gmail.com
- Each instructor will provide a progress report every 3 months.
- Each student is eligible to move to a higher level class upon completion of the curriculum for their current level. They do not need to wait for other class members to move up.
- Log into the Parent Portal for billing information at www.aquaacroentertainment.com/classes

HOW DO I SIGN UP?

- Enrollment for classes is done completely online at www.aquaacroentertainment.com/classes.
- On the website, view the schedule of classes for each facility we offer programs, and find one that fits your schedule.

- Classes are divided by experience level and age. If there is an age range for a class, only participants within that age range will be able to sign up for that class. If a class has no age range, it is open to those qualified athletes over the age of 10 years old. Please check the class to see what ages it accepts
- Please read the class descriptions in the parent packet to properly identify which level class your athlete belongs in.
- If the coach believes an athlete is placed into an inappropriate level, they will request that the athlete be moved to the appropriate level. The coach has the final say on what level to place an athlete. They will make the determination based on quality of technique and physical ability to safely complete the curriculum.
- If a student can perform the necessary skills for a level, but with poor technique or without adequate physical preparation, the coach will place them in a lower level until the specific issues are resolved.
- Once you're ready, click the "Sign Up Here" button, and a registration window will pop up.
- Fill out the forms, read the waivers, and provide contact and billing information.
- The registration fee will be posted to your account upon completing registration. If classes are in session, your first month of tuition will also be posted. To pay the registration fee and tuition, sign in to the parent portal. Your athlete may not join class until the registration fee and first months tuition is paid.
- In addition to the Aqua Acro Classes waiver, you will need to fill out a waiver for the specific facility your class is held at. The waiver can be filled out on location at your class's individual facility.
- Once registration is complete, sign into the student and billing portal and update your information, and if there is any medical information that we might need (i.e. allergies, medications, etc) to keep your athlete safe.

IT'S MY FIRST CLASS, WHAT DO I DO?

- Coaches profiles can be viewed at www.aquaacroentertainment.com/classes
- On the first day of your class, arrive to the facility about 15 minutes early.
- Check in at the front desk and sign the facility waiver if you have not done so.
- The front desk will direct you to the tumbling or aerial coach.
- Indicate to the coach that you are the new student for that class.
- At that point, the coach will direct you on what to do to prepare for class.
- During class, guests may sit in an observation area, but may not interfere with practice.
- After class, parents of minor students are free to ask the coach questions/etc

BILLING/ACCOUNTS

- The STUDENT AND BILLING PORTAL is where you go to access your account information. Here you can change your credit card, pay for fees, enroll in classes, and update information.

- You access the portal on the Aqua Acro Entertainment website listed in this packet.
- Tuition is auto-charged on the 3rd of the month. If payment is declined, there will be a \$10 late fee assessed.
- The registration fee is annual, and will be charged on the anniversary month when the student first enrolled.
- There are no contracts. You are free to drop a class at any time, however, there are no refunds for dropping before the last class of the month.
- All drops must provide a written notice to the coach or email aquaacroclasses@gmail.com
- If no written notice or email is provided, you may be charged when tuition is due.

SAFETY and DRESS CODE

- All athletes may only participate in classes when there is an instructor to supervise.
- All participants must dress appropriately. No loose articles of clothing, jewelry, or pants/shorts with zippers or buttons. Athletic gear is recommended.
- Be prepared both physically and mentally to participate. A distracted or exhausted student can be a danger to him/herself, as well as the coach.
- Follow proper technical progressions when learning. Skipping steps inevitably leads to injury.
- Communicate clearly with the coach. If you do not understand an activity or drill, get clarification.
- Bare feet, tumbling socks, and tumbling shoes are allowed for tumbling classes. Sandals, boots, normal socks, basketball/athletic shoes, or cleats are not allowed.
- Long hair must be pulled back and secured out of the face.
- Glasses should be secured with a sports band
- For Aerial classes, students need to wear pants that extend lower than the knee. Leggings or other form fitting athletic wear is recommended
- Long hair should be pulled back out of the face.

CLASS DESCRIPTIONS

TUMBLING

All tumbling classes will begin with a warm up in order to prepare the body. Various tumbling apparatus, including mats, shapes, and trampolines will be used for teaching. Private lessons are available for those individuals that would like one-on-one coaching. All instructors are USA Gymnastics Pro-Members, are background checked, and participate in continuing education.

Beginning Tumbling – In the beginners tumbling class, students will learn the foundation of tumbling. Mastery of these skills is important to becoming an advanced tumbler. Classes will incorporate air awareness, strength, and flexibility development. Students will learn

techniques and terminology in order to prepare them for higher levels. Key skills classes will develop are: cartwheels, handstands, forward and backward rolls, round off, bridge.

Intermediate Tumbling – Intermediate tumbling classes will continue to develop basic tumbling, but will introduce higher level skills. Developing the necessary strength and flexibility is key to completing the curriculum for this level safely. Key skills intermediate classes will develop are bridge kickovers, back walk overs, and back handsprings.

Advanced Tumbling – Advanced tumbling classes are designed for those tumblers than have already mastered the basic and intermediate tumbling skills. The minimum requirements to enroll in this class are the ability to complete a safe and technically sound round off back handspring. This class requires strong air awareness. The focus of this class is to learn multiple back handsprings, back flips, twists, and other higher level tumbling skills.

Back Handspring – This class is intended for those individuals that are focused on learning a back handspring. All drills and activities are designed to help learn this skill.

AERIAL ARTS

Aerial Arts classes will learn skills and performance concepts on either performance silks or Lyra. Specific techniques, and well as performance and dance concepts will be a part of this class. Classes will incorporate stretching and conditioning. Private lessons are available for individuals who would like one-on-one instruction. All instructors are professional performers and are background checked and are first aid and CPR certified.

Beginner Aerial Silks – In the beginning Aerial Silks classes, student will learn the basic techniques and concepts of Aerial silks. Students will build strength, flexibility, and body awareness utilizing aerial skills. Key skills that the beginning class will develop are: Spinning techniques, transitions, basic shapes, climb technique, basic invert, and beginner footlocks. Key concepts will be introduced on the ground and in the air with a knotted silk.

Intermediate Aerial Silks – Intermediate Aerial Silks classes will continue to build on the concepts learned in the beginning class. At this level, students will move away from using a knot for assistance. In addition to expanding upon basic techniques, this class will emphasize graceful movements and aesthetics, as well as incorporating dance concepts. Students will begin to practice with increased height and amplitude while also increasing strength and flexibility. This class will also teach basic drops and intermediate sequences.

Advanced Aerial Silks – Advanced Aerial Silks classes will be offered to students that have mastered beginner and intermediate skills and concepts and would like to work towards advanced performance level. Students in the advanced class will be given opportunities for public performances.

Beginning Lyra – In the beginning Lyra classes, student will learn the basic techniques and concepts of Aerial Lyra. Students will build strength, flexibility, and body awareness utilizing aerial skills. Key skills the beginning Lyra class with develop are: mounts, flips, poses, and bends and shapes on the aerial hoop.

Intermediate Lyra – Intermediate Aerial Silks classes will continue to build on the concepts learned in the beginning class. Key concepts and skills that the intermediate Lyra class will introduce and develop are: balances, angels, transitions, splits, hangs, rolls, and from-up-to-down

Advanced Lyra – Advanced Lyra classes will be offered to students that have mastered beginner and intermediate skills and concepts and would like to work towards advanced performance level. Key concepts include: Advanced level transitions, drops, spins, balances, and poses. There will also be an emphasis on finding new paths between movements, as well as learning to move fluidly in, under, on top of and around the lyra and spanset. Performance opportunities available for advanced students

PRIVATE LESSONS

Private lessons are available for those individuals who would like additional or individual training. You may schedule a private lesson by talking to the coach who you would like to do the lesson with. Each coach will set their own rate and are available based on their personal schedule. Payment will go directly to the coach. Thank you for signing up for classes with Ground Control Trampoline Park and Aqua Acro Entertainment.

We look forward to seeing you soon!

CONTACT INFO – AQUA ACRO CLASSES

Phone: 832-594-7992

Email: AquaAcroClasses@gmail.com

Website: www.aquaacroentertainment.com/classes

CONTACT INFO – GROUND CONTROL TRAMPOLINE PARK

Phone: (210) 783-7200

Website: www.groundcontrolpark.com

Facility Address: 9870 Marbach Rd, San Antonio, TX 78245

CONTACT INFO – THE DISTRICT

Phone: (210) 845-9855

Website: thedistrictsa.com

Facility Address: 2424 Broadway, San Antonio, TX 78215