

UNDERSTANDING ACRO LEVELS

LEVEL ONE	Beginner, forward rolls, working on cartwheels
LEVEL TWO	Students can progress to Level Two when they can confidently cartwheel on their own
LEVEL THREE	Students can progress to Level Three when they can confidently back bend on their own and can complete successful one handed cartwheels
LEVEL FOUR	Students can progress to Level Four when they can confidently complete both forward and backward walkovers fluidly
LEVEL FIVE	INVITE ONLY Request to trial this level Students must be able to complete fluid & confident forward and backward walkovers, front handspring, head spring and aerial
LEVEL SIX	INVITE ONLY Request to trial this level Students must be able to complete all of the above + tumbling, back tucks and front aerials
LEVEL SEVEN	Strictly INVITE ONLY (ask admin)
AIRTRACK	Airtrack will only be used for LEVEL FOUR and up.

