

SUMMER ACRO WITH SUPERNOVA

Backhandspring/Aerial sessions

Drills, spotting, progressing! Whether you want to learn, clean up or progress your tumbling this class is for you! We will work on back tumbling as well as side and front aerials with variations. **Level 4+**

TIME: 5:15-6:30pm

COST: \$20/session

Hand Balancing

Improve Handstands, presses and work on canes on different heights. We will also work on other balancing in acro (headstands, cheststands, 4 armstands and more) **Level 3+**

Time: 5:15-6:30pm

Cost: \$18/session

STRENGTH/FLEXIBILITY/NUTRITION (SFN)

PERFECT CLASS to keep up your strength and flexibility over the summer!!

Exercises geared to build proper muscles to help you with jumps, turns and more. Learn special stretches you can also take home and do throughout the year to make huge gains! Get tips on how to optimize your nutrition for a healthy strong body not only before a competition but all year long! This class will be led by Zoe Gervais (Elite Dancer who has excelled in these areas and passed every level in acrobatic arts) as well as Tori Ladd who has trained at Montreal Cirque school and specializes in flexibility/contortion. They both are excited to share their success, tips and tricks with the acro and dance world!

Jr 10-12yrs or Int/Sr 13+

Time: 6:30-7:45pm (Both Jr/Sr) we will be using both studios

Cost: \$20/class

FLEXIBILITY -For all Athletes/Dancers

This class is designed to work on problem areas and increase flexibility. For all athletes, dancers, etc wanting to maintain and improve their flexibility over the summer!

Time: 5:15-6:15pm (July)

Cost: \$18/class

MINIMITES (preschool acrodance)

Fun class for an active 3-5 year old. They will learn basic stretches, strength and good posture. Learn skills like sommersaults, cartwheels, and dance steps in a fun way!

Cost: \$15/Class

ACRO Level 1-3

All areas of acrodance will be covered including cardio, strength, stretch, balancing, limbering and Tumbling! ALL AGES!

Time: 4:15-5:15

Cost: \$18/class

ACRO Level 4+

All areas of acrodance will be covered including cardio, strength, stretch, balancing, limbering and Tumbling!

Time: 4-5:15pm

Cost: \$20

Dates: July 6, 13, 17

August 4,16,18 (PLS NOTE TIME IS **5:15-6:30** on Aug 16th and 18th)

ACROFIT FOR ADULTS

Brand new class to Supernova.....we have been hearing requests for this a lot over the years and I am excited to announce our launch will be this summer! Focus will be strength, flexibility, basic acro skills like cartwheels, handstands, headstands and SOOO Much Fun!!

Time: 5:15-6:15pm

Cost: \$18/class

CONTORTION WORKSHOP

Take your flexibility to an advanced level. Learn how to safely use contortion to create beautiful pictures. Anyone welcome we will teach to each students level. Ages 10+

TIME: 1:30-2:45pm

Dates: August 16th and 18th

Cost: \$45

ANNUAL ACRO SUMMER INTENSIVE - AUGUST 24-25, 2022

Back by popular demand....a 2 day acro intensive for all levels and ages!

Fantastic opportunity to get ready for the new season, meet new friends and learn new skills!!!

Schedule August 24/25

9-10am: MINIS (ages 4-5) \$40

10-11am: Level 1-3 (ages 6-8) \$40

11-12:30pm: Level 1-3 (ages 9+) \$55

12-1:45pm: Level 4-6 \$70

1:15-3:15pm: Level 7+ \$80

HOW TO REGISTER for all summer classes:

Email jill_ford@yahoo.com

with your child's full name, age, class name and dates they want to register for. I will then confirm we have room and then you can send payment to hold your spot! All prices are pls GST.

FREE ACRO OPPORTUNITIES:

Demos needed for the ACROBATIC ARTS courses Supernova is hosting in July and I am one of the course conductors.

July 18-19 Module One (Level 4+ dancers) approx 12:45-5pm both days

July 20th Aerial/BKHS workshop for teachers (must be close/can do with spot both of those skills) 1-4pm

July 21-22nd Module 2 (level 6+ dancers) about 10:30-5 both days

EMAIL ME IF AVAILABLE....tons of one on one attention....students make HUGE gains!