



ACRO WORKSHOP

OFFERING THREE CLASSES

Unity Dance and Acrobatics presents an Acro skills workshop centered on mastering acrobatic skills. Instructors will guide dancers in learning the fundamentals or help fine-tune these skills for those seeking extra support.

We will offer three classes focusing on different skills: backbends & headstands, walkovers, and handsprings.



Friday, October 18



\$10 Res/\$15 Non-Res

5:00 - 5:45 pm

**BACKBENDS &
HEADSTANDS**

5:50 - 6:35 pm

**BACK & FRONT
WALKOVERS**

6:40 - 7:25 pm

**BACK & FRONT
HANDSPRINGS**



To register visit
www.appletonparkandrec.org
or click on the QR code:

