

HDC'S ACRO SUMMER CLINICS



JOIN
US!

Focused,
level-based acro
training designed to
build strength,
flexibility, control,
and confidence
through progressive
skill work in a small-
group setting.

August 3rd - 5th
times vary by level

Havilah Dance Company
10058 E Independence Blvd
Matthews, NC 28105
hdcdance.com

HDC's 2026 Acro Summer Clinics

HDC's Acro Camps are designed for dancers who want to strengthen their tumbling and acro technique in a focused, level-appropriate training environment. Each camp will emphasize flexibility, strength, control, coordination, and proper progressions while helping dancers build confidence and consistency in their skills. With limited class sizes, dancers will receive individualized feedback and instruction in a setting that supports both safety and growth.

PRE-ACRO

9:00 AM-9:45 AM

Ages 4-7

\$60

A fun and encouraging introduction to acro for our youngest dancers, focusing on body awareness, flexibility, and beginner tumbling foundations. Skills may include: Forward rolls, straddle rolls, donkey kicks, handstands, cartwheels, inside outs, inchworms, and bridges.

Prerequisites: Cartwheel and drop back bridge, both unassisted.

Designed for dancers with a beginning acro foundation who are ready to build strength, flexibility, and consistency. Skills may include: Round offs, handstands, inside outs, pop cartwheels, bridge kickovers, back walkovers, front limbers, front walkovers, valdez, and chinstands.

LEVEL 1

9:45 AM-10:45 AM

Ages vary

\$75

LEVEL 2

11:00 AM-12:00 PM

Ages vary

\$75

Prerequisites: Back walkover, front walkover, & valdez, all unassisted. Designed for dancers ready to move into more intermediate acro work with an emphasis on control, power, & clean execution. Skills may include: Round offs, handstands, rolling tinsicas, back handsprings, front handsprings, side aerials, scorpions, chinstands, & elbowstands.

Prerequisites: Back handspring, front handspring, & side aerial, all unassisted. For dancers with strong acro fundamentals who are ready for more advanced progressions and combinations. Skills may include: Round offs, handstands, standing multiple back handsprings, rolling tinsicas, gainer side aerials, standing tucks, front aerials, scorpions, & elbowstands.

LEVEL 3

12:00 PM-1:15 PM

Ages vary

\$90

LEVEL 4

1:30 PM-3:00 PM

Ages vary

\$100

Prerequisites: Round off tuck and side aerial, both unassisted. Designed for advanced dancers ready to train higher-level tumbling and acro skills with focused technical refinement. Skills may include: Round off back handspring tucks, layouts, layout stepouts, vortex, and raiz.

ATTIRE: Fitted dancewear. No baggy clothing. **BRING:** Water bottle. **HAIR:** Secured neatly away from the face.