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SPECIALTY CLASSES

Classes Titles	Ages	Class Listings	Description
Acro 1	6 to 14	Must meet prerequisites to enroll	Balancing - Able to kick to proper handstand position and hold body weight Limbering - Bridge back & recover, attempt at front limber and back bend kick over Flexibility - Understanding of proper Right & Left Split, Press to bridge and hold for 30 seconds Strength - Correct plank posture and understanding of push up/sit up Etiquette - Willingness and back flexibility to execute Acro skills
Acro 2	8 to 15	Must meet prerequisites to enroll	Balancing - Handstand, Elbow and/or chin/chest stand Limbering - Front & Back Limbers, Front & Back walkovers, Arabians Flexibility - Right & Left Split, Proper attempt at Fullback splits Strength - 10 Push-ups, Sit Ups, Correct plank posture Etiquette - Willingness and back flexibility to execute Acro skills, mature classroom behavior expected <i>*Students cannot enroll in Acro 2 unless all Acro 1 skills are proficient.</i>
Gym 1	7 to 12	Must meet prerequisites to enroll	Balancing - Able to kick to proper handstand position and hold body weight Tumbling - Independently execute forward roll, Cartwheel, one handed cartwheel, roundoff Limbering - Bridge back & recover, front limber and back bend kick over Flexibility - Understanding of proper Right & Left Split, Press to bridge and hold for 30 seconds Strength - Correct plank posture and understanding of push up/sit up Etiquette - Willingness and back flexibility to execute Tumbling skills
Gym 2	8 to 16	Must meet prerequisites to enroll	Balancing - Handstand, Elbow and/or chin/chest stand Tumbling - Understanding of back handspring and aerial work Limbering - Front & Back Limbers, Front & Back walkovers, Arabians Flexibility - Right & Left Split, Strength - 10 Push-ups, Sit Ups, Correct plank posture Etiquette - Willingness and back flexibility to execute tumbling skills, mature classroom behavior expected <i>*Students cannot enroll in Gym 2 unless all Gym 1 skills are proficient.</i>
Gym 2 Plus	6 to 14	Must meet prerequisites to enroll	Balancing - Handstand, Elbow and/or chin/chest stand, Understanding of handstand walks Tumbling – Back handspring and side aerial independently Limbering - Front & Back Limbers, Front & Back walkovers, Arabians

			Flexibility - Right & Left Split, Proper attempt at Fullback splits Strength - 10 Push-ups, Sit Ups, Correct plank posture Etiquette - Willingness and back flexibility to execute tumbling skills, mature classroom behavior expected <i>*Students cannot enroll in Gym 2 Plus unless all Gym 1 & 2 skills are proficient.</i>
Gym 3	8 to 15	Must meet prerequisites to enroll	Balancing - Handstand, Elbow and/or chin/chest stand, Understanding of handstand walks Tumbling - Back Tuck independently, understanding of front aerial work Limbering - Front & Back Limbers, Front & Back walkovers, Arabians Flexibility - Right & Left Split, Proper attempt at Fullback splits Strength - 10 Push-ups, Sit Ups, Correct plank posture Etiquette - Willingness and back flexibility to execute tumbling skills, mature classroom behavior expected <i>*Students cannot enroll in Gym 3 unless all Gym 1 & 2 & Gym 2 Plus skills are proficient.</i>
Hip Hop	6 to 18	Primary Elementary Intermediate Intermediate Plus Teen	Hip hop dance refers to dance styles, mainly street dance styles, primarily danced to hip hop music, or that have evolved as a part of the hip hop culture.
Kinder Hop & Theatre	5		This is a 30-Minute introductory class to the Hip Hop and Musical Theatre styles for our young dancers.
Lyrical	10 to 12	Intermediate	Lyrical dance tells a story or conveys a message through expression and movement that is fluid, smooth and controlled.
Modern	10 to 12	Intermediate Intermediate Plus	Modern is a fluid and freeform style of dance, alternating between long, languid movements, and jerky ones that show the contraction, expansion and expression of the body.
Musical Theatre	6 to 18	Primary Elementary Intermediate Intermediate Plus Teen	Basic study of musicals are taught in class, while students enjoy singing, dancing, and acting on their way to becoming a "triple threat".
Pre Gym	6 to 8	Must meet prerequisites to enroll	Dances should be able to independently execute skips, crab and bear walks, kangaroo hops, pre cartwheel, table top and half splits. Dancers should have an adequate understanding of classroom behavior. The goal of this class is to gain forward rolls, press up bridge/backbend and cartwheel while working on strength and flexibility.