What’s New

Dance Acro

As the expectations of dancers in today’s society are increasing, the influence and collaboration of the acro art form has become a necessary tool to stay on the cutting edge of dance. We are adding this to our curriculum so that our students can be challenged, prepared, and competent in all forms of dance.

The program is based on safe and effective progressions with proven results in five divisions of AcroDance: Flexibility, Strength, Balancing, Limbering and Tumbling. Developed with input from professionals and experts in ballet, modern dance, jazz, contortion, artistic gymnastics, rhythmic gymnastics, sport acrobatics, yoga, acro yoga, pilates, physiotherapy, hand balancing and more. You will not find a more comprehensive program. Simple thoughtful progressions take the beginner preschooler level dancer from log rolls to summersaults.
From the Director

Even the most accomplished experts start out as unserious beginners

Last year in each studio room and the lobbies, we posted our “Food for Thought” to encourage students and teachers to think about what we do to become better at something.

\[
\text{Talent \times \text{Effort} = \text{Skill}} \\
\text{Skill \times \text{Effort} = \text{Achievement}} \\
\text{Repetition with reflection and refinement} \\
\text{Set a goal - improve a specific weakness} \\
\text{Learn how to be more interested in what you do wrong.} \\
\text{Perseverance is the daily discipline of trying to do things better than you did yesterday} \\
\text{Passion is as necessary to excellence as is perseverance.}
\]

We discussed how each of these statements pertained to our work in the classroom and how we needed to study with a clear purpose and set of personal goals.

We have multiple examples of individual successes as well as outstanding achievements of the studios.

I want to recognize and celebrate these as I look forward to building better and passionate dancers and teachers.

-Evelyn Ireton

Well Done!!

Danielle Garza and Leah Weirchs
Certified Beginning Acro Teachers
Nicole Fernandez - Miss Outstanding Teen Spring 2017
Nicole Hiemstra - Disney Children Aladdin (NYC)

Youth America Grand Prix
Outstanding Accomplishments
Sofia Antunez
Becca Dondlinger
Hayden Hanslik
Isabelle Heinkenschloss
Alix Petit
 Zoelie Petit
Caroline Wier
Ashlynn Whitefield
713 Ensemble

Summer Intensive Accomplishments
Olivia G. Miller - Sam Houston, Noblemotion, MET
Ava Tran - Sam Houston, MET
Hallie Mosley - Hubbard Street
Gabby Monson - MET
Ashlynn Whitefield - MET
Caroline Wier - Alvin Ailey (NYC)

HADco
Ava Harrison, Nicole Hiemstra, Caroline Zazueta
“Here Comes the Sun” National 1st Place Overall
Julia Thake, Ava Tran, Ashlynn Whitfield
1st Overall Duet/Trio - Twice
Sofia Antunez and Gabby Monson
1st Overall Duet/Trio
Gabby Monson - 1st Overall Solo - Twice
Maddie Dawson - 1st Overall Solo
Ava Tran - 1st Overall Solo