

THE #1 SECRET ONLINE TOOL FOR BECOMING A BETTER ACRO DANCER: A Parent's Guide

**HEY DANCE PARENT! THANK YOU FOR DOWNLOADING THIS GUIDE!
YOU'RE GOING TO LOVE WHAT YOU FIND INSIDE!**

This guide was designed for dance parents like you, no matter what stage your child is in along their dance journey. Whether you're a veteran dance parent or a fresh new face in the studio, **The Dynasty Institute** welcomes you into our community of the acrobatic arts.

The Dynasty Institute (TDI) is a virtual academy for acro dance students who are between the ages of 7-19. We focus on providing a safe environment for children to explore their talents, build their skills, and learn the world-class skills they need to take the dance world by storm.

But more than that, **The Dynasty Institute** is a place for young dancers to become well-rounded individuals through our keen focus on building life skills and characteristics, like communication, adaptation, integrity, kindness, and respect.

With this guide, you'll learn what we've found to be the best-kept secrets about online acro dance success—all provided by award-winning dance maven, Lonnetta "Ms. Lonnie" Grant, the Queen of Acro Dance herself.



HERE IS WHY YOU NEED THIS GUIDE

The Results are In: TDI's Methods WORK!



Learn from a certified winning system of international acrobatic arts



Enjoy a successful dance program with an online success rate of 100%



Enrolled students gain special access to our exclusive app database of acro exercises!



Students follow a top-tier international curriculum recognized in over 25 countries.



Students train with special custom worksheets that are tailored to their needs.

And of course, students are closely monitored to ensure they're following our superior safety guidelines!

If this sounds like the kind of program you would want to help your child succeed, click [here](#) to learn more about our signature internationally-accredited program—available 100% online!

This is the same highly selective program our students use to get an edge on the competition to enable them to be better dancers, better competitors, and above all, better people.

Now, without further ado—let's learn more about you and how you can help your child become a better acro dancer with our online tools!

ONLINE ACRO DANCE ELEVATION CHECKLIST

The secret to acro becoming a better acro dancer is to incorporate high-level online training from an industry professional.



The more you train outside of the studio and in the comfort of your home, the better you can expect to see real results.

Like all things, Grade-A results start with Grade-A preparation! So, you'll need to ask yourself the following BIG questions:

Is your home ready for acro dance online?

Is it prepared to help your dancer to see results from online lessons at home?

Review the checklist below to see your Home Readiness Score. A score of 30 points or higher is required to gain acceptance into The Dynasty Institute.

ONLINE ACRO DANCE READINESS CHECKLIST

☐ My child has access to a distraction-free space for virtual sessions. (5 pts)

☐ My child has enough space to move and tumble freely. (5 pts)

☐ My child has access to the following supplies: (5 pts)

- *Yoga block*
- *Yoga mat*
- *2 lbs. ankle weights*
- *Printer for homework assignments*

☐ My child is currently taking one of these dance technique classes: (5 pts)

- *Ballet*
- *Jazz dance*
- *Modern dance*
- *Lyrical dance*
- *Contemporary dance*
- *(Other):* _____

☐ My child is able to commit to practicing acro dance weekly. (20 pts)

- Write down the number of hours your child is able to commit here: _____
- What days of the week are best for your child to train?

Other Important Considerations for Acro Dance Online

My child currently responds best to this teaching style (may change over time):

My child has the following health restrictions that may affect their ability to participate in this program:

☐ _____

☐ _____

☐ _____



EVALUATING YOUR SCORE


How did you do on the previous checklist? Did you score at least 30 points? If you did, congratulations—you're eligible to enroll. If not, no worries! I'm here to help you get the tools and support you need.

WHAT YOUR SCORE MEANS

A score of **30 points and above** means your home is online acro-dance ready!

A score of **25 points or below** indicates you're missing some key components for online acro dance success.

Having a readiness score of **25 points or below** doesn't mean your child needs to give up on their dreams. A quick call to **The Dynasty Institute** can help get you back on track for success, and you can be sure that I will be on the other side to speak to you.



Who Am I?

MEET THE TDI ACROBATIC DANCE INSTRUCTOR



My name is **Lonnetta Grant**, the founder, and CEO of **The Dynasty Institute**—but my students and dance parents affectionately call me **Ms. Lonnie**. And like your young dancer, I once had a dream that was only made possible by my early dance lessons.

My dance journey started at the Boys & Girls Club, where I was first introduced to the arts when resources were extremely limited. I've since gone on to dance with big companies, win awards, and become an internationally accredited dance instructor, as well as a certified dance adjudicator and renowned dance keynote speaker.

My passion is now helping budding talented youth tap into the well of their creativity through my winning signature online acro dance system exclusive to The Dynasty Institute. This system has made the lives of dance parents and their children so much easier, and I know it can do the same for you.

If you have questions or concerns about learning acro dance online or e-mail me directly at lgrant@thedynastyinstitute.com to learn more about my programs and how I can help you.

I would love to speak to you regarding your child's success in dance and beyond. Click the button below to contact me today!

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