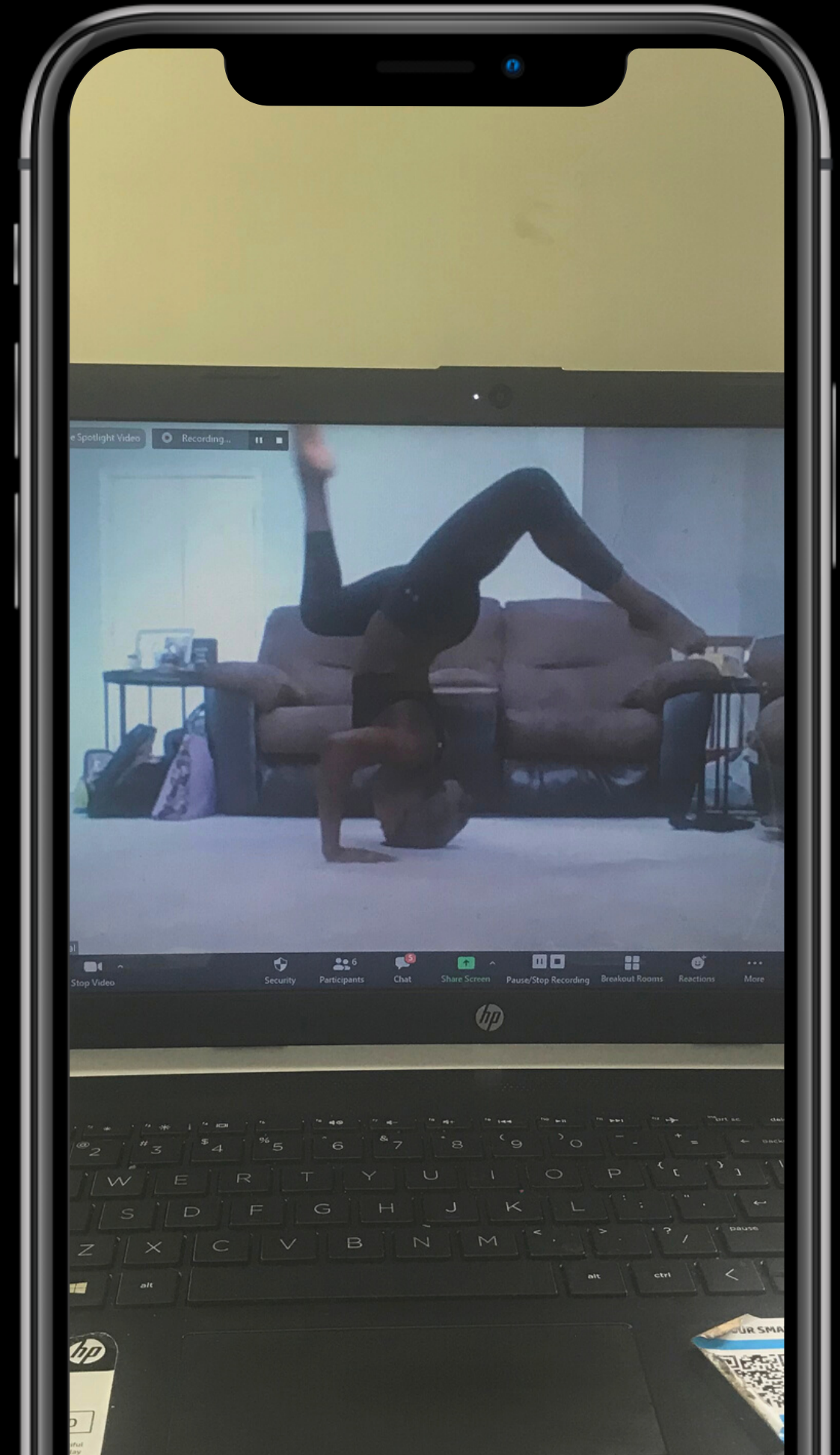



The Dynasty Institute

HOW VIRTUAL ACRO DANCE LESSONS ARE TAKING THE ART WORLD BY STORM

with Ms Lonnie



**Much like every other industry in the world,
COVID-19 had a devastating impact on the world
of dance. But unlike any other industry, dance
has the advantage of being built by creatives
who know how to persevere in the face of
ongoing challenges.**



**Benefits of Our
Virtual Acro
Classes**

01

IMPROVING ACRO DANCE TECHNIQUE

Parents are often concerned that virtual acro classes cannot teach techniques and progressions as effectively as in-person lessons. What we've found is that this could not be any further from the truth. Our students continue to learn, grow, and thrive despite being quarantined due to COVID-19, and that online classes give them structure during these difficult times. Students continue to safely balance, tumble, contort, and fly under the close and careful supervision of a professional certified acro instructor. Our virtual lessons help to build their skills, rather than stifle them under quarantine and offer great support while these dancers need it the most.

02

STUDENTS GAIN MORE CONFIDENCE

We're dedicated to boosting the confidence of our young dancers by building their skill, flexibility, and creativity through modern Acro dance. Much like what's available in our in-person classes, students receive personalized attention while learning to master what they love from the comfort of their homes. Through weeks of testing and research, we've found that our online dance teaching system works! Our dancers work just as hard and become just a little more self-assured every day. [Click here](#) to learn more about our cutting-edge program, and how you can enroll your acro dancer today!

03

READINESS FOR ACROBATIC EXAMS

At some point in a young dancer's life, they will face the Acrobatic Arts Exam where they will be tested in all of the following areas:

01

FLEXIBILITY

02

STRENGTH

03

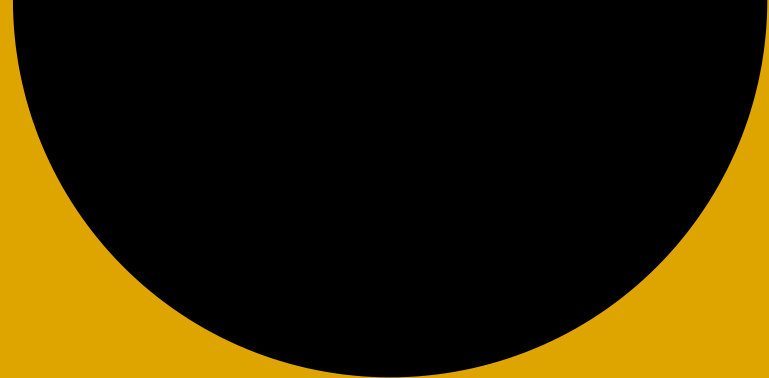
BALANCE

04

LIMBERING

05

TUMBLING



Dancers continue to practice all of the areas listed above. They learn all of the critical techniques and continue to master their progressions until they're ready to take the next step in their Acrobatic Arts Exams.

DRESS CODE

Black Leotard

Black Dance Shorts

Black Sports Bra

Black Leggings

Hair should be pulled back away from dancer's face (if long, please wear in ponytail or bun)

No shoes required

1 Yoga mat
1 yoga block
1 set of 2-pound ankle weights
The Dynasty Institute Training
Workbook

CLASS SUPPLIES

ALL MATERIALS ARE MANDATORY
MUST DOWNLOAD THE MY ACRO APP AND PURCHASE THE PRIMARY LEVEL

EXPECTATIONS

3 missed classes will result in dismissal from the class

All students are required to have the required class supplies to attend all classes.

Students will not be allowed in the zoom meeting more than 5 mins after the start time.

Students must be in a designated area that's free from distractions.

Please notify Miss Lonnie ASAP of any prior medical concerns or injuries.

Any verbal communication should be held in private, not during Zoom sessions. Any parent that violates this will have their child permanently terminated from the program.

The Dynasty Institute is a drama-free Zone!. We will not tolerate rudeness, jealousy, resentment, or disrespect to dancers, their families, teachers, or the director.

If your child is absent from class, Miss Lonnie is to be notified by email lgrant@thedynastyinstitute.com. No call, no show is not acceptable.

We will not take up class time to discuss problems or concerns.

Staff will only discuss concerns regarding your dancer.