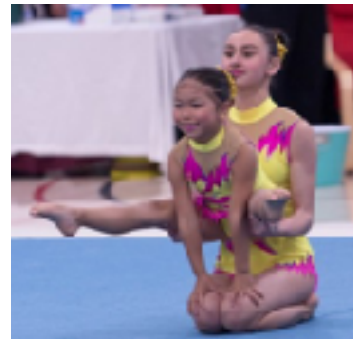


ACROBATIC GYMNASTICS

Previously called **Sports Acrobatics**, Acrobatic Gymnastics is a competitive gymnastic discipline where partnerships of gymnasts work together and perform figures consisting of acrobatic moves, dance and tumbling, set to music.



EXCITING NEWS!!!!

This year Coach Huffy will be organizing our first ever competitive (team) and non-competitive (pre-team) Acrobatic Gymnastics Team. Any athlete 6 yrs of age and older is welcome to sign up for this class. Coach Huffy will evaluate each athlete during the first month to see which program suits them best, team, or pre-team. Team athletes will perform on an Olympic size spring floor combining dance, gymnastics skills and synchronization. There are five events included with the discipline, women's pair, men's pair, mixed pair, women's trio, and men's four. Each pair/group performs routines to music, featuring engaging choreography,

acrobatic and tumbling skills, partner balances, and dynamic (flight) skills.

Team athletes will be registered as a USA Gymnastics Member which allows them to be a part of any USA gymnastics event they qualify for. Non competitive athletes will be considered a part of our "Pre-Team." Check out the link below to see all the details of your membership.

- USAgym.org

WHY join Acrobatic Gymnastics? Acrobatic Gymnastics is an exciting, fun and beautiful sport that teaches young athletes basic motor development and coordination. It also builds communication skills through group interaction and team building.