

CDC Acro Level Placement 2026-2027

Please see below for the skills required to enroll in each Acro level for the 2026–2027 season. As we transition to our new curriculum, dancers and families should use these guidelines to select the most appropriate level.

Teachers will evaluate all placements during the first few weeks of classes and may recommend a level change if needed to ensure each dancer is placed appropriately for their safety and success. If you would like guidance from Rachel or Danielle regarding placement, please email us at carolinadancecenter@gmail.com.

Acro Int A:

- Bridge hold with straight arms (~10 seconds)
- Cartwheel with straight legs, starting and finishing in a lunge
- Show progress towards one handed cartwheels
- Show confidence towards a vertical handstand
- Bridge kickover (wedge)
- Backbend (bottom of wedge) *can have light assistance
- Handstand Fall to Bridge with light or no assistance (wedge)

Acro Int B:

- Handstand Walk, 1-3 steps
- Handstand Hold, Fall to Bridge (Flat)
- Backbend, then bridge kickover (Flat)
- One handed cartwheels with both arms
- Tick Tock (Wedge)
- Front Limber
- Backbend Kickover
- Rock and Stand Up From Bridge (Flat)

Acro Int/Adv A & B:

- Handstand Walk, 4+ steps
- Roundoff with strong rebound
- Back & front walkover with straight legs
- Back & front walkover variations
- Kip up
- Front head spring
- Front Aerial (spotted on ramp)
- Light Spot Backhandspring (Wedge)
- Aerial on the ramp (very light spot)
- Aerial on the ramp

Acro Advanced:

- Consistent Aerial (Flat)
- Front Hand Spring
- Backhandspring (Wedge)
- Front Aerial (ramp)
- Front Aerial on flat (light spot or alone)
- Standing backhandspring on floor (light spot or alone)
- Opposite Side aerial (spotted or alone)