

Dallas Acro Fest - Tentative Schedule

Saturday 4/22/23

	Aerial Floor	Acro Floor	Dance Floor
3:00 - 3:30	Setup		
3:30 - 4:00	Registration		
4:00 - 5:00	Classes - 1 Introduction to Aerial Ashlyn Peters and Jake Drew Learn about aerial components and adjusting apparatus heights. Explore the Lyra, Silks, and Hammock. First Time? You MUST take this class to use aerial equipment at the open gyms.	Introduction to Acro Ruben Sandoval and Alex Belland Intro to Acroyoga, Flying, L-basing, and Spotting. Learn basic acroyoga poses and transitions.	Two Step Basics Saul Valverde and Cassie Clayton Learn the basics of traditional country Two Step in this one hour class including inside and outside turns and other beginner patterns.
5:00 - 5:10	10 MIN BREAK		
5:10 - 6:10	Classes - 2 All Level Lyra Ashlyn Peters Learn a progression of connecting silks movements in this one hour class. Beginners should not expect to execute all of the movements but will be able to video the series for future practice.	All Levels Acro Mark Lin and Anastasia Belomyltseva Learn how to connect acro poses and transitions into a acroyoga flow. Beginners should not expect to execute all of the movements but will be able to video the series for future practice.	Bar Patterns Blake Elder Dance Learn intermediate patterns to make you look better dancing at the bar! Beginners should not expect to execute all of the movements but will be able to video the series for future practice.
6:10 - 6:20	10 MIN BREAK		
6:20 - 7:20	Classes - 3 All Level Silks Anya Askew The amazing Anya Askew gives a series of connecting silks movements in this one hour class. Beginners should not expect to execute all of the movements but will be able to video the series for future practice.	Low Dance Lifts and Tricks Jake Drew and Alex Schellhorn Learn entry level dance lifts and tricks that are executed below waist height. This is a great intro class, if you plan on taking High Dance Lifts and Tricks on Sunday!	How to Spin Ella Bell Leads and follows learn how to execute beautiful spins both with and without partners in this exciting class.
7:20 - 7:30	10 MIN BREAK		
7:30 - 8:30	Classes - 4 Intermediate / Advanced Level Silks Anya Askew Anya shows moves to gig by in this exciting class! Beginners should gracefully bow out and not take this class.	Whips David Westenberger and Mollie Le Quan Participants will gain exposure to acroyoga whips in this class. This class is NOT for beginners. If you do not know what a whip is, you should NOT take this class!	Two Step Smoove Moves Steven Spellman and Forever Country With moves "smoover" than your favorite organic peanut butter, Forever Country teaches you how to effortlessly glide into the hearts and minds of the judges and audience alike with advanced two step moves.
8:30 - 8:40	10 MIN BREAK		
8:40 - 9:10	Aerial Performances Chains - Hannah Powell Rope - Kirby Kitchens Silks or Lyra - Anya Askew		
9:10 - 11:00	Acro Open Gym Come experience the famous Acro Open Gym for yourself! This is a free form movement social for all participants to enjoy. There will also be coaches available to assist you when available for Acro, Dance, and Aerial! Aerial: There will be silks, hammocks, lyra, straps, and static trap available. Acro: Plenty of padded spring floors and mats, four trampolines, and two waist harnesses. Dance: The dance floor will be open. Two step, wcs, and other dance genres will be played throughout open gym.		
11:00	Doors Locked		

Sunday 4/23/23

	Aerial Floor	Acro Floor	Dance Floor
5:00 - 5:30	Registration / Setup		
5:30 - 6:00	Performance Dance - Mike McKinney and Sydnie Shelton		
6:00 - 7:00	Classes - 5 Dynamic Lyra Ashlyn Peters Warning - Advanced! Ashlyn Peters takes your lyra practice to new places in this one hour class focusing on dynamic moves for lyra beast mode.	Standing H2H, F2H, and Inlocates Eric McKeethen Warning - Advanced! Come work with a Pitch Catch legend on standing hand to hand, foot to hand, and inlocates.	Competative Bar Mike McKinney and Sydnie Shelton Ever thought about competing? Learn from competitive bar judges how to make your partnership look the best in competitions.
7:00 - 7:10	10 MIN BREAK		
7:10 - 8:10	Classes - 6 Aerial Floor A - Intermediate Level Hammock / Sling Reese Rosen Warning - Advanced! Are you ready to drop it like it's hot? Reese Rosen turns up the heat with intermediate sling progressions and drops during this class.	Effortless Connection Eric McKeethen Warning - Advanced! Bringing ease and grace to your standing acrobatics, this class focuses on the foundations that make performances appear effortless.	High Dance Lifts and Tricks Jake Drew and Alex Schellhorn Warning - Advanced! Learn phrases, lifts, and graceful exits for a few high dance lifts. This class assumes that you have a partner and a few dance lifts under your belt already. We will start from the ground up, but will move rather quickly.
8:10 - 8:20	10 MIN BREAK		
8:20 - 8:50	Aerial Performances Reese Rosen - Sling Ashlyn Peters - Hoop or Silks		
8:50 - 11:00	Acro Open Gym Come experience the famous Acro Open Gym for yourself! This is a free form movement social for all participants to enjoy. There will also be coaches available to assist you when available for Acro, Dance, and Aerial! Aerial: There will be silks, hammocks, lyra, straps, and static trap available. Acro: Plenty of padded spring floors and mats, four trampolines, and two waist harnesses. Dance: The dance floor will be open. Two step, wcs, and other dance genres will be played throughout open gym.		
11:00	Doors Locked		