

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	
	Introduction to Aerial Ashlyn Peters and Jake Drew	Introduction to Acro Ruben Sandoval and Alex Belland	Two Step Basics Saul Valverde and Cassie Clayton
4:00 - 5:00	Classes - 1	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.	Intro to Acroyoga, Flying, L-basing, and Spotting. Learn basic acroyoga poses and transitions.
5:00 - 5:10		10 MIN BREAK	
5:10 - 6:10	Classes - 2	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.	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.
6:10 - 6:20		10 MIN BREAK	
6:20 - 7:20	Classes - 3	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.	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!
7:20 - 7:30		10 MIN BREAK	
7:30 - 8:30	Classes - 4	Intermediate / Advanced Level Silks Anya Askew	Whips David Westenberger and Mollie Le Quan
		Anya shows moves to gig by in this exciting class! Beginners should gracefully bow out and not take this class.	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!
8:30 - 8:40		10 MIN BREAK	
8:40 - 9:10		Aerial Performances	Two Step Smooth Moves Steven Spellman and Forever Country
		Chains - Hannah Powell Rope - Kirby Kitchens Silks or Lyra - Anya Askew	With moves "smooth" 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.
		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!	
9:10 - 11:00		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	Competitive Bar Mike McKinney and Sydnie Shelton
		Warning - Advanced! Ashlyn Peters takes your lyra practice to new places in this one hour class focusing on dynamic moves for lyra beast mode.	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	High Dance Lifts and Tricks Jake Drew and Alex Schellhorn
		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.	Warning - Advanced! Learn phrases, lifts, and graceful exits for a few high dance moves. 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.
		Aerial Floor B - Duo Silks Alex Gonzalez and Ashlyn Peters	
		Warning - Advanced! Explore silks with a partner in this exciting duo silks class!	
8:10 - 8:20		10 MIN BREAK	
8:20 - 8:50		Aerial Performances	
		Reese Rosen - Sling Ashlyn Peters - Hoop or Silks	
		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!	
8:50 - 11:00		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	