



The ACRO Convention 2022 Edition! – SAMPLE SCHEDULE

DAY 1

	LVL 1 – FLOOR 1	LVL 2 – FLOOR 2	LVL 3 – FLOOR 3
8:30am	Doors open – Drop-off Begins for Morning Session Please have your screening COMPLETE prior to arrival!		
9:00am	Stretch, Strengthen & Lengthen (45 min)	Stretch, Strengthen & Lengthen (45 min)	Stretch, Strengthen & Lengthen (45 min)
9:45am	The Fundamentals of Balance Clinic (45 min)	The Fundamentals of Balance Clinic (45 min)	The Fundamentals of Balance Clinic (45 min)
10:30am	Aerial & Aerial Variations Clinic (60 min)	Aerial & Aerial Variations Clinic (60 min)	Aerial & Aerial Variations Clinic (60 min)
11:30pm	Tumbling Clinic (60 min)	Tumbling Clinic (60 min)	Tumbling Clinic (60 min)
12:30pm	Morning Session Complete! Pick-up for morning session participants. Sanitization to be completed before afternoon session.		
1:00pm	Doors open – Drop-off Begins for Afternoon Session Please have your screening COMPLETE prior to arrival! Afternoon schedule will be the same as the morning schedule with “Stretch, Strengthen & Lengthen” beginning at 1:30pm and classes ending at 5:00pm.		
5:00pm	Afternoon Session Complete! Pick-up for afternoon session participants. Sanitization to be completed before DAY 2!		

The ACRO Convention 2022 Edition! – CAMBRIDGE

DAY 2

	LVL 1 – FLOOR 1	LVL 2 – FLOOR 2	LVL 3 – FLOOR 3
8:30am	Doors open – Drop-off Begins for Morning Session Please have your screening questions COMPLETE prior to arrival!		
9:00am	Stretch, Strengthen & Lengthen (30 min)	Stretch, Strengthen & Lengthen (30 min)	Stretch, Strengthen & Lengthen (30 min)
9:30am	Acro Artistry – Connecting tricks to dance (60 min)	Acro Artistry – Connecting tricks to dance (60 min)	Acro Artistry – Connecting tricks to dance (60 min)
10:30am	Aerial & Aerial Variations Clinic (60 min)	Aerial & Aerial Variations Clinic (60 min)	Aerial & Aerial Variations Clinic (60 min)
11:30pm	Tumbling Clinic (60 min)	Tumbling Clinic (60 min)	Tumbling Clinic (60 min)
12:30pm	A-LIST AWARDS PRESENTATION (participants only – parents cannot attend) CONGRATULATIONS ACROBATS! THANKS FOR JOINING US!		
12:40pm	Morning Session Complete! Pick-up for morning session participants. Sanitization to be completed before afternoon session.		
1:00pm	Doors open – Drop-off Begins for Afternoon Session Please have your screening questions COMPLETE prior to arrival! Afternoon schedule will be the same as the morning schedule with “Stretch, Strengthen & Lengthen” beginning at 1:30pm and classes ending at 5:00pm.		
5:00pm	A-LIST AWARDS PRESENTATION (participants only – parents cannot attend) CONGRATULATIONS ACROBATS! THANKS FOR JOINING US!		
5:10 pm	Afternoon Session Complete! Pick-up for afternoon session participants. Sanitization to be completed!		