

North Georgia Dance & Music Factory is now offering: **ACRO-DANCE for ages 5 to 17**

Amanda Strnad has a Bachelor of Arts in Dance Education with K-12 Licensure from Winthrop University.



She is also a fellow Oklahoma City University graduate (along with Miss Kellee and Mr. Rick) holding a Bachelor of Science Degree in Dance Management and Arts Administration. Well versed in ballet, tap, jazz, lyrical, acro-dance and theatre dance, Miss Amanda was the artistic director and owner of "Steppin' Up Dance Academy" where she choreographed for and directed an award winning performing arts company, managed a student base of 150+ children and designed and wrote style syllabi for ballet, tap, jazz, acro-dance and pre-school curriculum.

Amanda taught dance and gymnastics for *Great Start Sports Camps* which is an integrity and character building sports camp for children. She is a graduate of "Focus on the Family Institute" program based in Colorado Springs, Colorado, holds her online

health coach certification through *Beyond Organic University* and is also certified through Dance Masters of America! She is one busy lady!

Miss Amanda is an absolute delight to be around and we are excited she is bringing her expertise in acro-dance, along with her talents in other dance forms, to North Georgia Dance & Music Factory!

Acro-dance combines classical dance technique with precision acrobatic elements. It is defined by its athletic character and unique choreography, which seamlessly blends dance and acrobatics together. It is a popular dance style in amateur competitive dance, professional dance theater and in contemporary circus productions such as Cirque du Soleil. Acro-dance should not be confused with acrobatic, artistic and rhythmic gymnastics, which are sports that employ dance elements in a gymnastics context.

Acro is an especially challenging dance style for dancers as it requires them to be trained in both dance and acrobatic skills. Acro dancers must be in excellent physical condition because it is a physically demanding activity. As dancers become more proficient and strong, we also offer **Aerial Silk** classes at our *Traditions Walk* location.

CLASS TIMES OFFERED:

CLASSES BEGIN MONDAY, AUGUST 11th!

<u>LEVEL</u>	<u>STUDIO</u>	<u>DAY</u>	<u>START</u>	<u>END</u>	<u>TEACHER</u>
Acro-Dance I (5-9)	TRD	THU	3:45	4:45	Miss Amanda
Acro-Dance II (9-13)	TRD	THU	4:45	5:45	Miss Amanda
Acro-Dance I (5-9)	HML	TUE	4:15	5:15	Miss Amanda
Acro-Dance II (9-13)	HML	TUE	7:30	8:30	Miss Amanda
Acro-Dance III (12+)	HML	TUE	6:30	7:30	Miss Amanda

HML - Hamilton Mill / Dacula TRD - Traditions / Hoschton

www.DanceMusicFactory.com

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