



VANCOUVER ACRO FEST

11:30							
1 PM	Pre-Festival Intensive		Pre-Festival Intensive		Ρ	Pre-Festival Intensive	
	INTERMEDIATE		ALL LEVELS			ADVANCED	
2 PM	WHIP POPS		TRIO & GROUP Standing, stacking,		DYNAMIC SKILLS CASCADES,		
3 PM	SYNC, SWING, SOAR		BALANCING		(CORBETTES, ADAGIO	
	Jenae & John 11:30am-5pm		Jill, Heidi & Courtney 11:30am-5pm			Matt BE & Meital 11:30am-5pm	
4 PM							
5 PM	DOORS OPEN & ARRIVAL 5:00 pm						
6 PM	ALL LEVELS NERDY ABOUT ACRO L-BASE	INTERMEDIATE1 FUNDAMENTALS OF WHIPS WHIPS		INTERMEDIATE 2 CREATIVE FLOW L-BASE		ADVANCED TRIO SWINGS STANDING	
7 PM	Steph & Nicole 6-7:30pm	Emily & Sean 6-7:30pm		Sariah & Reno 6-7:30pm		Lorynne, Matt BE, Matt BA 6-7:30pm	
8 PM	ALL LEVELS PARTNER CARTWHEELS	INTERMEDIATE 1 You raisin me up		INTERMEDIATE 2 Jankcarian Express		ADVANCED Knots at the quay	
011	L-BASE + STANDING Hayley & Morgan 7:30-9pm	DANCE LIFTS Ash & Matt RA 7:30-9pm		ICARIAN Jenae & John 7:30-9pm		STANDING H2H Cody & Reno 7:30-9pm	
9 PM							
10 PM	OPEN JAM 9-10:30pm						
11 PM	DOORS CLOSED 11pm						

CARCOUVER ACRO FEST

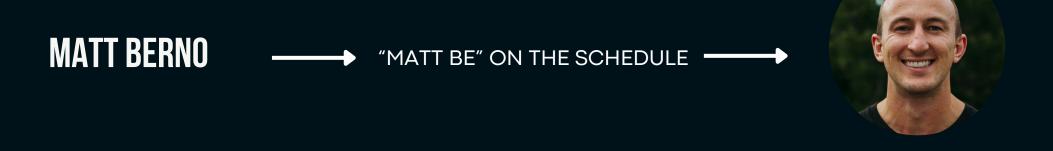
9AM		DOORS (
	GROUP WARM UP 9:30-9:45am						
10 AM	WELCOME GATHERING 9:45-10am ALL LEVELS INTERMEDIATE 1 INTERMEDIATE 2 ADVANCED						
11 AM	INTRO TO STANDING ACRO	FLUID FLIGHT L-BASE FLOW	TARZAN POPS		PITCH PLEASE		
IIAM	STANDING Jess & Tavis	Devon & Adi	WHIPS + POPS Elliot + Solana		STANDING Cody & Louie		
12 PM	10-12pm	10-12pm	10-12pm 10-12pm 10-12pm				
	LUNCH	INTRO TO	REFIN	REFINE YOUR ROAD 2 ONE ARM			
1 PM	12:00-	HANDSTANDS Siovhan 1-2pm	HANDSTANDSHANDSTANCoralHeidi1-2pm1-2pm				
2 PM	ALL LEVELS	INTERMEDIATE 1	INTERMEDIATE	. 9		ADVANCED	
	ACRO SPEED DATE & SILLY	INTRO TO H2H	HANDSFREE POPS		THE BIG CHUNK		
3 PM	CALIBRATIONS GAMES Sariah & Reno	L-BASE Elliot & Solana			L-BASE FLOW		
4 PM	2-4pm	2-4pm	Moody & Courtney 2-4pm		Mill & Devon 2-4pm		
	ALL LEVELS	INTERMEDIATE 1	INTERMEDIATE 2		ADVANCED		
5 PM	INTRO TO POPS L-BASE	MID-SIZED BASES UNITE STANDING	REVERSE STAR GATEWAYS L-BASE		KAMIKAZE VARIATIONS STANDING		
6 PM	Sam & Luka 4:30-6:30pm	Coral & Siovhan 4:30-6:30pm	Jill & Heidi 4:30-6:30pm		Matt BE & Meital		
	4:30-6:30pm 4:30-6:30pm 4:30-6:30pm 4:30-6:30pm						
7 PM	DINNER BREAK 6:30-8:00pm						
8 PM	THE GREAT SPECTACLE						
	Performance Night 8:00-9:00pm						
9PM							
10 PM	OPEN JAM 9:00-10:30pm						
11.04	DOOR CLOSED						
11 PM	11pm						



VANCOUVER ACRO FEST

9AM	DOORS OPEN 9:00am						
10 AM	GROUP WARM UP 10:00-10:30am						
11 AM	ALL LEVELS JILL & HEIDI FLOW L-BASE FLOW	INTERMEDIATE 1 ICARIAN FLOW ICARIAN	INTERMEDIATE 2 INTRO TO STANDING H2H STANDING	ADVANCED DYNAMIC F2H L-BASE			
12 PM	Jill & Heidi 10:30-12:30pm	Kierra & Moody 10:30-12:30pm	Matt BE & Meital 10:30-12:30pm	Jenae & John 10:30-12:30pm			
1 PM	LUNCH BREAK		ACRO CHAT	SSIONS OPEN CLINIC HOUR			
	12:30-	2pm	INJURIES IN ACRO Moderated Panel Discussion 1-2pm	LED BY COMMUNITY MEMBERS 1-2pm			
2 PM	ALL LEVELS THE STARS ALIGN	INTERMEDIATE 1 DANCE LIFTS	INTERMEDIATE 2 DIZZY DANCE: THE	ADVANCED Matt & Lorynne Things			
3 PM	L-BASE Coral & Siovhan 2:00-3:30pm	DANCE LIFTS Miles & Courtney 2:00-3:30pm	FLAMINGO TANGO L-BASE FLOW Ash & Matt RA 2:00-3:30pm	STANDING Matt BA & Lorynne 2:00-3:30pm			
4 PM	ALL LEVELS Seat to Sky: A same Size sequence	INTERMEDIATE 1 ACRO WARRIOR FLOW L-BASE	INTERMEDIATE 2 Grubby Mitts: Hands Free transition	AUVANCED TOSS 2.0 group/standing			
5 PM	L-BASE + STANDING Hayley & Morgan 3:45-5:15pm	Emily & Sean 3:45-5:15pm	L-BASE Sam & Luka 3:45-5:15pm	Matt BE & Meital 3:45-5:15pm			
6 PM	CLOSING CEREMONY 5:45-6pm						
7 PM	OPEN JAM, HUGS, GOODBYES 6:00-7:30pm						
8 PM	DOOR CLOSED 8pm						













INTERMEDIATE 1 VS INTERMEDIATE 2

IN ANY GIVEN TIME SLOT, THE INTERMEDIATE 1 CLASS WILL BE LESS CHALLENGING THAN THE INTERMEDIATE 2 CLASS.

THESE ARE NOT FIXED CLASSIFICATIONS, BUT RELATIVE TO THE OTHER INTERMEDIATE CLASS IN THAT TIME SLOT.

