

FEB 7

FRIDAY

VANCOUVER ACRO FEST

Schedule

11:30

Pre-Festival Intensive

Pre-Festival Intensive

Pre-Festival Intensive

1 PM

INTERMEDIATE

ALL LEVELS

ADVANCED

2 PM

WHIP POPS

TRIO & GROUP

DYNAMIC SKILLS

SYNC, SWING,
SOAR

STANDING, STACKING,
BALANCING

CASCADES,
CORBETTES, ADAGIO

3 PM

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

Steph & Nicole
6-7:30pm

INTERMEDIATE 1

FUNDAMENTALS OF WHIPS
WHIPS

Emily & Sean
6-7:30pm

INTERMEDIATE 2

CREATIVE FLOW
L-BASE

Sariah & Reno
6-7:30pm

ADVANCED

TRIO SWINGS
STANDING

Lorynne, Matt BE, Matt BA
6-7:30pm

7 PM

ALL LEVELS

PARTNER CARTWHEELS
L-BASE + STANDING

Hayley & Morgan
7:30-9pm

INTERMEDIATE 1

YOU RAISIN ME UP
DANCE LIFTS

Ash & Matt RA
7:30-9pm

INTERMEDIATE 2

JANKCARIAN EXPRESS
ICARIAN

Jenae & John
7:30-9pm

ADVANCED

KNOTS AT THE QUAY
STANDING H2H

Cody & Reno
7:30-9pm

8 PM

9 PM

OPEN JAM
9-10:30pm

10 PM

11 PM

DOORS CLOSED
11pm

FEB 8

SATURDAY

VANCOUVER ACRO FEST

Schedule

9 AM

DOORS OPEN 9:00am

GROUP WARM UP 9:30-9:45am

10 AM

WELCOME GATHERING 9:45-10am

11 AM

ALL LEVELS

INTRO TO STANDING ACRO
STANDING

Jess & Tavis
10-12pm

INTERMEDIATE 1

FLUID FLIGHT
L-BASE FLOW

Devon & Adi
10-12pm

INTERMEDIATE 2

TARZAN POPS
WHIPS + POPS

Elliot + Solana
10-12pm

ADVANCED

PITCH PLEASE
STANDING

Cody & Louie
10-12pm

12 PM

MINI SESSIONS

1 PM

LUNCH BREAK
12:00-2pm

INTRO TO
HANDSTANDS

Siovhon
1-2pm

REFINE YOUR
HANDSTANDS

Coral
1-2pm

ROAD 2 ONE ARM
HANDSTAND

Heidi
1-2pm

2 PM

ALL LEVELS

ACRO SPEED DATE & SILLY
CALIBRATIONS
GAMES

Sariah & Reno
2-4pm

INTERMEDIATE 1

INTRO TO H2H
L-BASE

Elliot & Solana
2-4pm

INTERMEDIATE 2

HANDSFREE POPS
ICARIAN

Moody & Courtney
2-4pm

ADVANCED

THE BIG CHUNK
L-BASE FLOW

Mill & Devon
2-4pm

4 PM

ALL LEVELS

INTRO TO POPS
L-BASE

Sam & Luka
4:30-6:30pm

INTERMEDIATE 1

MID-SIZED BASES UNITE
STANDING

Coral & Siovhon
4:30-6:30pm

INTERMEDIATE 2

REVERSE STAR GATEWAYS
L-BASE

Jill & Heidi
4:30-6:30pm

ADVANCED

KAMIKAZE VARIATIONS
STANDING

Matt BE & Meital
4:30-6:30pm

6 PM

7 PM

DINNER BREAK
6:30-8:00pm

8 PM

THE GREAT SPECTACLE
Performance Night
8:00-9:00pm

9 PM

10 PM

OPEN JAM
9:00-10:30pm

11 PM

DOOR CLOSED
11pm

FEB 9

SUNDAY

VANCOUVER ACRO FEST

Schedule

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
12:30-2pm

MINI SESSIONS

ACRO CHAT
INJURIES IN ACRO
Moderated Panel Discussion
1-2pm

OPEN CLINIC HOUR
LED BY COMMUNITY MEMBERS
1-2pm

2 PM

ALL LEVELS
THE STARS ALIGN
L-BASE

INTERMEDIATE 1
DANCE LIFTS
DANCE LIFTS

INTERMEDIATE 2
DIZZY DANCE: THE
FLAMINGO TANGO
L-BASE FLOW

ADVANCED
MATT & LORYNNE THINGS
STANDING

3 PM

Coral & Siovhán
2:00-3:30pm

Miles & Courtney
2:00-3:30pm

Ash & Matt RA
2:00-3:30pm

Matt BA & Lorynne
2:00-3:30pm

4 PM

ALL LEVELS
SEAT TO SKY: A SAME
SIZE SEQUENCE
L-BASE + STANDING
Hayley & Morgan
3:45-5:15pm

INTERMEDIATE 1
ACRO WARRIOR FLOW
L-BASE
Emily & Sean
3:45-5:15pm

INTERMEDIATE 2
GRUBBY MITTS: HANDS
FREE TRANSITION
L-BASE
Sam & Luka
3:45-5:15pm

ADVANCED
TOSS 2.0
GROUP/STANDING
Matt BE & Meital
3:45-5:15pm

5 PM

6 PM

CLOSING CEREMONY
5:45-6pm

7 PM

OPEN JAM, HUGS, GOODBYES
6:00-7:30pm

8 PM

DOOR CLOSED
8pm

THE MATT

Legend

MATT BERNO



"MATT BE" ON THE SCHEDULE



MATT BAGSHAW



"MATT BA" ON THE SCHEDULE



MATT RADFORD



"MATT RA" ON THE SCHEDULE



VANCOUVER
ACRO FEST

INTERMEDIATE

Guide

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.

VANCOUVER
ACRO FEST