



**XTREME ACRO**



# ACROBATICS GYMNASTICS TRYOUTS

WEDNESDAY,  
SEPTEMBER 2ND

**5 PM - 7 PM**

## WHAT IS ACROBATICS GYMNASTICS?

- Acrobatic Gymnastics is a competitive sport where partnerships of gymnasts practice and perform routines consisting of acrobatic skills, dance, and tumbling.
- Gymnasts perform 3 routines:
  1. **Balance:** focus on strength, balance, poise, and flexibility
  2. **Dynamic:** focus on movement and power
  3. **Combined:** combination of balance and dynamic



## WHAT ARE XTREME ACRO'S COVID-19 POLICIES?

- The gym and individual rooms are professionally fumigated weekly
- Temperatures are taken at the door
- Hand sanitizer is provided throughout the day
- Equipment is sanitized before and after every practice
- Social distancing is enforced during practice
- Masks are highly encouraged

**NO-COMMITMENT REQUIRED!**

**TRYOUTS ARE FREE**

**PRIVATE TRYOUTS AVAILABLE  
UPON REQUEST!**



Call 301-251-5525



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**REACH OUT TO OUR STAFF WITH ANY QUESTIONS**