LEGACY
ACROBATICS

SUNFLOWER TEAM
2026-2027

AGES: 2019-2021

SEPTEMBER - MAY

WEDNESDAYS
6:30-7:30PM

RECREATIONAL
PERFORMANCE TEAM
(ALL LEVELS)

SUNFLOWER TEAM MEMBERS

2026-2027

Wednesdays

6:30-7:30pm

1. Addison
2. Anna
3. Chloe C.
4. Chloe L.
5. Emily-Ann
6. Hallie-Lynn
7. Sloane
8. Sophia
9. Tenley

This team is full!

ABOUT THIS TEAM:

This team is training together to perform a minimum of 4 times this season!

1. Local Retirement home Performance
2. Orillia Christmas parade
3. Winter Recital (Georgian Theatre in Barrie)
4. End of year Recital (Orillia Opera House)

My goal for this team is to give the dancers opportunities to perform, grow, and build meaningful connections with one another. I want them to develop their acro skills while making new friends and creating memories they'll cherish for years to come. This is about so much more than just a weekly class, it's the experience of being part of a team. ❤️

ABOUT YOUR COACH

Hi! My name is Alexa!
From a young age, I was immersed in dance, gymnastics, and circus arts. What began as a childhood passion grew into professional performance opportunities at weddings and corporate events. While I loved being on stage, I eventually discovered that my true passion lies in coaching. For over a decade, I've dedicated my career to coaching. *I strive to create a positive, supportive environment where children can build confidence, develop skills, and feel proud of their progress. My goal is to inspire each student not only to succeed in the moment but also to carry those lessons forward and create their own meaningful Legacy.*

Certifications:

- *Module one and two from Acrobatic Arts Teacher Certification.*
- *Aerials and backhand spring module from Acrobatic arts.*
- *Group fitness and personal trainer certification from CanFit Pro.*
- *First aid and CPR Level C.*
- *Level one and two NCCP Artistic gymnastics coaching certification.*
- *Level one and two NCCP Trampoline and tumbling coaching certification.*
- *Completed the Auto injector course for EpiPens through NCCP.*
- *Coaching Athletes with a Disability through NCCP.*
- *Coaching Athletes with Down Syndrome through NCCP.*
- *Making Headway in sport (Concussion course) through NCCP.*

Class Tuition:

September - June

Class:

Acro/silks

Day:

Wednesdays

Time:

6:30-7:30pm

Tuition:

$28+hst x 38 Wednesdays

= $1,064+hst

Monthly tuition:

$106.40+hst

PAYMENTS

Payments are due on the 1st of each month for a duration of 10 months.
(September 2026 - June 2027)

Legacy will update your parent portal with the payment amount a few days before the due date. This allows parents the opportunity to make the payment manually.

If the payment is not made by the first the Legacy team will go in and charge your card on file.

Please note:
If your account is more than a month over due your child will not be able to take part in class.

We appreciate it when families log in and make the payment them selves. This helps eliminates any confusing on what card on file to use, delays when cards bounce back due to expired cards, cancelled cards and so on.

Tip:
You can find the parent portal log in on our website.

Thank you for your help in making payments run smoothly!

TRAINING ATTIRE

In class we require a pink or black dance leotard with black athletic shorts over top. The tight fit of a Leotard sets the athlete up for success when going upside down. It's also the easiest outfit for a coach to spot an athlete in when learning new skills.

The shorts over top ensure that the athlete is covered and comfortable. We have chosen shorts over skirts since shorts work best for acro.

Please have your hair up for class. If you have very long hair please put it in a bun.

Please keep in mind Legacy's rule that no training attire should show the mid section.

PERFORMANCE COSTUME

Costumes will be worn for all performances. You will have the same costume all season with your team. The costume cost is $150+hst and is split up by 3 over September, October and November. If you join later in the season you can still get a costume! It would just have to be paid all at once rather than split up. Please note that Legacy's rule on costumes is that no costume shows the midsection of the performer. All costumes cover the performers in an age appropriate way. Please also purchase skin toned tights that cut off at the ankle. These can be purchased in town at "Ballare dance boutique". Thank you for supporting our stance on age appropriate costumes!

PERFORMANCE HAIR

Performance Bun Tips:

- Having wet hair before beginning to style is very helpful.
- Please do a middle part.
- Buying a bun helper from amazon can be helpful.
- The middle of the bun should be in line with the ears.
- Use lots of hair spray / gel / to ensure no hairs are out of place. If you have bangs please secure these back!
- Complete the bun with a hair net! This keeps everything in place. It is very important that the hair net matches the hair colour.

PERFORMANCE MAKE UP

Stage lights can be very bright and so we want the dancers features to stand out!

If possible please use red lipstick, mascara and natural eye shadow. The goal is to have a more natural look while still ensuring our smile shines on stage!

RETIREMENT HOME PERFORMANCE

We love giving back to our community and spreading joy through our routines. One way we do this is by visiting a local retirement home and putting on a show!

Location:

Leacock Care Centre

Orillia

Date:

TBD

LEACOCK

Retirement Lodge

WINTER SHOWCASE

This is a fun opportunity to show off everything we've learned since the fall!

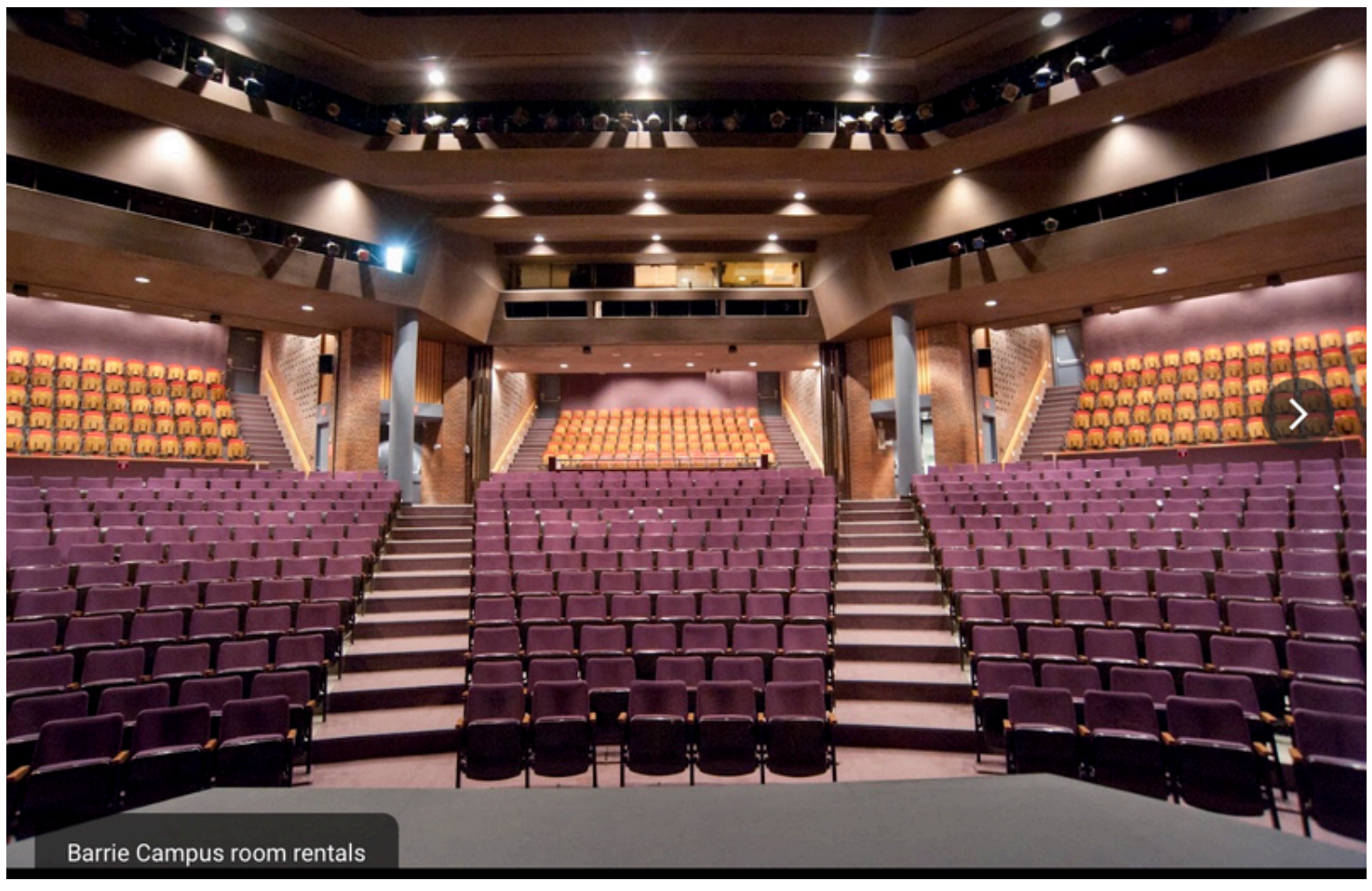
Location:
Georgian Theatre

Address:
1 Georgian Dr Building C, Barrie, ON L4M 6J8

Date:
January 16th

Purchase tickets:
November 15th

Ticket pricing:
TBD



END OF YEAR RECITAL

This is a fun opportunity to show your family and friends everything you've works so hard on since the winter season!

Location:
Orillia Opera House

Date:
June 10th

Ticket pricing:
TBD

Our performers enjoy watching the show with their class while you watch with your family and friends

ADDITIONAL PERFORMANCES

There are a few exciting performances that come up every year that are great goals to work up too!

Performing as part of the half time show for the following:

1. Raptor's 905
2. Harlem Globe trotters

We also perform as the back up dancers for the mini pop kids when they come to town!

These performances usually require a minimum skill level for acro and dance. Once your teachers notices that you're ready you will receive an email inviting you to take part in the practices.

TEAM BANQUET

The girls will be celebrating all their hard work by having dinner and a dance party! They will also be performing their group routines at this event! Performers please wear shorts under your dress so you can still do your dance.

Date: May 29th, 2027

Location: Ferndale Banquet Hall in Barrie.

Tickets: $45+hst per ticket.
One ticket for the dancer and one ticket for a parent.

2026 - 2027
IMPORTANT DATES

Orillia Christmas Parade
Saturday November 28th, 2026

Team Holiday Party
Date/Time TBD

Performance at a Leacock
retirement home:
Date/Time/TBD

Winter Showcase
Venue: Georgian Theather
January 16th, 2027

End of Year Recital
Venue: Orillia Opera House
June 10th, 2027

Team Banquet at Ferndale Banquet Hall.
May 30th, 2027

Wednesday Holidays/Closures:

December 23rd, 2026 (Winter closure)
December 30th, 2026 (Winter closure)
March 17th, 2027 (March break)

September 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 Closed for labour day weekend
6 Closed for labour day weekend	7 Closed for labour day weekend	8 First day of Class!	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10 Thanks Giving Legacy closed
11 Thanks Giving Legacy closed	12 Thanks Giving Legacy closed	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Halloween

November 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Boston Pizza Fundraising Event #1	4	5	6	7
8	9	10 Boston Pizza Fundraising Event #2	11 Remembrance Day (Legacy open)	12	13	14
15 Winter Recital Tickets Available	16	17	18	19	20 PA Day	21
22	23	24	25	26	27	28 Orillia Christmas parade
29	30					

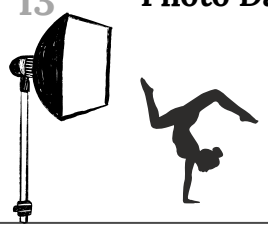
December 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20 Winter Closure	21	22	23	24 Christmas Eve	25 Merry Christmas	26
27 Winter Closure	28	29	30	31 New Years Eve		

January 2027

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 New Years (Legacy closed)	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16 Winter Recital
17	18	19	20	21	22	23
24	25	26	27	28	29 PA Day	30 Alexa on Vacation! Legacy Closed
31						

February 2027

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 **Alexa on Vacation! Legacy Closed**	2	3	4	5	6
7	8	9	10	11	12	13 **Photo Day** 
14 **Happy Valentines Day** **(LEGACY OPEN)**	15 **Family Day (Legacy closed)**	16	17	18	19	20
21	22	23	24	25	26	27
28						

March 2027

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6 **Banquet Tickets Available**
7	8	9	10	11	12	13
14	15 NO CLASS	16 NO CLASS	17 NO CLASS	18 NO CLASS	19 NO CLASS	20
21	22	23	24	25	26 **Good Friday closure**	27
28 **Easter Legacy closed**	29 **Easter Monday Legacy closed**	30	31			

MARCH BREAK CAMP

April 2027

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 April Fools Day	2	3 Recital Tickets Available
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30 PA Day	

MAY 2027

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9 **Mothers Day**	10	11	12	13	14	15
16	17	18	19	20	21	22 **LEGACY CLOSED**
23 **LEGACY CLOSED**	24 **VICTORIA DAY** **(LEGACY CLOSED)**	25	26	27	28	29 **BANQUET**
30	31					

June 2027

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 PA Day	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20 Fathers Day	21	22	23	24 Last day for 2026-2027 Season	25	26
27	28	29 Last day of school	30			

ACRO LEVEL 1

FRONT TUMBLING

- Front roll from elevated surface
- Front roll
- L handstand
- Handstand with a spot using a wedge

ACRO

- Candle (holding your back)
- Bridge from elevated surface
- Bridge
- Donut
- Boat
- Side Gallops
- Needle

SIDE TUMBLING

- Cartwheel using a block

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ACRO LEVEL 2

FRONT TUMBLING

- Tap handstand (half way) using a wedge

ACRO

- Candle with straight arms
- One foot bridge on elevated surface
- One foot bridge
- One handed bridge

SIDE TUMBLING

- Cartwheel off elevated surface

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ACRO LEVEL 3

FRONT TUMBLING

- Handstand against a wedge

ACRO

- Sitting leg hold (Y stand grip)
- Y stand (Holding onto a wedge or wall)
- Candle to shoulder roll
- Walking bridge forwards
- Teddy bear stand (headstand with knees on elbows)

SIDE TUMBLING

- Cartwheel (L arms to finish)

BACK TUMBLING

- Bridge kick over with the wedge closed

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ACROBATICS

ACRO LEVEL 4

FRONT TUMBLING

- Tap handstand (Half way, no wall to support)

ACRO

- Y stand (4 counts)
- Walking bridge turn side ways to forward

SIDE TUMBLING

- Run, Run, Hurdle, Cartwheel

BACK TUMBLING

- Kick over with the wedge open (high)
- Back bend using the wedge (Touch half way down)

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ACRO LEVEL 5

FRONT TUMBLING

- Tap handstand
- Handstand to bridge using a landing mat
- Bridge, walk hands up wedge

ACRO

- Circle bridge
- Y stand (6 counts)
- Tuck headstand (6 counts)
- Straddle headstand (6 counts)

SIDE TUMBLING

- Kneeling cartwheel
- One handed cartwheel off elevated surface

BACK TUMBLING

- Back bend on a mat (with a spot)
- Bridge kick over (half way on the wedge)

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ACRO LEVEL 6

FRONT TUMBLING

- Recover, with elevated surface (high)
- Handstand to bridge

ACRO

- Tuck headstand (8 counts)
- Straddle headstand (8 counts)
- 1/2 kip up
- Y stand (8 counts)
- Y stand, let go, cartwheel
- Bear to bridge
- Bridge to bear

SIDE TUMBLING

- One handed cartwheel

BACK TUMBLING

- Kick over using a low elevated surface
- Back bend using a mat

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ACRO LEVEL 7

FRONT TUMBLING

- Handstand to one foot bridge
- Handstand walking (2 steps)
- Recover using a low surface

ACRO

- Tuck headstand move to bridge
- Straddle headstand to straight headstand
- Double stag headstand
- Kip up
- Inside out bridges
- Chest stand starting from knees (4 counts)

SIDE TUMBLING

- Cartwheel to kneeling
- Run, Run, Hurdle one handed cartwheel
- Kneeling one handed cartwheel
- Cartwheel on non dominant side

BACK TUMBLING

- Elbow bridge kick over
- Elbow bridge kick over to knees
- Kick over
- Kick over to knees
- Backbend

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ACROBATICS

ACRO LEVEL 8

FRONT TUMBLING

- Recover
- Front walkover off elevated surface

ACRO

- Tuck headstand pop to bridge
- Fish flop
- Roll up
- Handstand walking (3 steps)
- Chest stand starting from knees (8 counts)

SIDE TUMBLING

- One handed cartwheel on non dominant side
- Round off from elevated surface.

BACK TUMBLING

- Back walkover (using a landing mat)

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ACRO LEVEL 9

FRONT TUMBLING

- One foot bridge recover
- Front walkover
- Kneeling front walkover

ACRO

- Tic tok
- Handstand waterfall down to cobra
- Chest stand from cobra (8 counts)
- Handstand walking (4 steps)
- Elbow stand (4 counts)
- Shoulder stand (4 counts)

SIDE TUMBLING

- Half aerial (Touch pull)
- Round off with strong rebound (air track)

BACK TUMBLING

- Back walkover
- Back walkover to knees
- Back bend, elbow kick over, land in plank to cobra
- Switch back walkover

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