

2026–2027

Friday Acro Training!



Classes held at: 9443 47 St NW, Edmonton

Weekly private lessons are available for reservation.
Students can book private lessons 3 weeks at a time.
Workshop classes are open to any students level 5+
or by assessment and approval of Michelle McBride.

SEPTEMBER

18 5:00–5:45 *Private*
5:45–6:30 *Private*
6:30–7:45 *Level 4–6*
7:45–9:15 *Level 6+*

25 5:00–5:45 *Private*
5:45–6:30 *Private*
6:30–8:15 *Exam prep*

OCTOBER

2 5:00–5:45 *Private*
5:45–6:30 *Private*
6:30–8:00 *Balancing Workshop*

16 5:00–5:45 *Private*
5:45–6:30 *Private*
6:30–7:45 *Level 4–6*
7:45–9:15 *Level 6+*

23 5:00–5:45 *Private*
5:45–6:30 *Private*
6:30–7:45 *Level 4–6*
7:45–9:15 *Level 6+*

NOVEMBER

6 5:00–5:45 *Private*
5:45–6:30 *Private*
6:30–7:45 *Balancing Workshop*

13 5:00–5:45 *Private*
5:45–6:30 *Private*
6:30–7:45 *Level 4–6*
7:45–9:15 *Level 6+*

20 5:00–5:45 *Private*
5:45–6:30 *Private*
6:30–7:45 *Level 4–6*
7:45–9:15 *Level 6+*

DECEMBER

4 *Acrobatic Arts*
MS Exams
Daytime schedule

11 5:00–5:45 *Private*
5:45–6:30 *Private*
6:30–8:00 *Limbering Workshop*

18 5:00–5:45 *Private*
5:45–6:30 *Private*
6:30–7:45 *Level 4–6*
7:45–9:15 *Level 6+*

JANUARY

8 5:00–5:45 *Private*
5:45–6:30 *Private*
6:30–7:45 *Level 4–6*
7:45–9:15 *Level 6+*

15 5:00–5:45 *Private*
5:45–6:30 *Private*
6:30–7:45 *Balancing Workshop*

22 5:00–5:45 *Private*
5:45–6:30 *Private*
6:30–7:45 *Level 4–6*
7:45–9:15 *Level 6+*

29 5:00–5:45 *Private*
5:45–6:30 *Private*
6:30–7:45 *Level 4–6*
7:45–9:15 *Level 6+*

FEBRUARY

5 5:00–5:45 *Private*
5:45–6:30 *Private*
6:30–7:45 *Level 4–6*
7:45–9:15 *Level 6+*

12 5:00–5:45 *Private*
5:45–6:30 *Private*
6:30–7:45 *Limbering Workshop*

26 5:00–5:45 *Private*
5:45–6:30 *Private*
6:30–7:45 *Level 4–6*
7:45–9:15 *Level 6+*

2026–2027

Friday Acro Training!



RATES:

Private Lessons:

45 minutes - 1 student
\$75.00

Semi Private Lessons:

45 minutes - 2 students
\$40.00 per student

Class Drop-in Rate:

\$25.00 per class

5 Class Punch Pass:

\$112.00

10 Class Punch Pass:

\$225.00

Full Session (18 weeks):

\$405.00

Payments can be made by
interac e-transfer to:

hello@michellemcbride.ca

Payments can also be
paid in cash.

Punch passes do not need to be
used consecutively from week to
week. Students can use them
throughout the 20 week session.

Michelle McBride Contact:
hello@missdishyacro.com

Class Structure & Skill Progression

Students are assessed during class and will not be
trained above their current ability and strength level.

Examinations

Students who wish to catch up on exams or accelerate
their exam training due to time restraints (graduation)
are welcome to do so, provided they are training in other
dance forms for training hours. Students pursuing an
accelerated schedule should plan to attend more than
one acro class per week to support this pace. Home
studio needs to approve this pathway.

Examination dates available:

Friday, December 4 (confirmed)

January, February, June, July and August (unconfirmed)

Training Schedule After February

Competition season will be challenging for dancer's
schedules. We will look at workshops and skill clinics to
accommodate these schedules.

Waiver Requirement

A signed liability waiver is required before a dancer's
first class. No dancer will be permitted to participate
without one on file. Any medical notices must be brought
to the attention of the instructor before class starts.

Class Cancellations

If a class must be cancelled, clients will be notified as
soon as possible and the class will be rescheduled.

Refund Policy

Punch passes are non-refundable. Transfers may be
approved on a case-by-case basis.

Register