

NYAF SCHEDULE

Friday 10:00AM - 12:30PM 2:00PM - 5:00PM.....	2
Poppin' Deadbugs, Nuggets and Pancakes.....	2
Saturday 10:00AM - 11:45AM.....	3
Funky Dance Lifts.....	3
Teamwork In Motion.....	3
Handstands On Feet.....	4
Saturday 12:00PM - 1:45PM.....	5
Dance Lifts.....	5
Squish Me Please.....	5
Some Random Icarian Thing.....	6
Foot to Hand FUNdamentals.....	6
Saturday 3:00PM - 4:45PM.....	7
So Much Standing, So Little Time.....	7
Path to Inlocate.....	7
Flight of the Philodendron.....	8
The Waka Way's Phoenix Flow.....	8
Sunday 9:30AM - 11:15AM.....	9
Midlife Crisis: The Little Red Sports Car Edition.....	9
Wicked Washes.....	9
Leading & Following Leadable Dance Tricks.....	10
Sunday 11:25AM - 1:10AM.....	10
Shine Bright: Star Workshop.....	10
Dance Lifts.....	11
Pop It and Drop It.....	11
Trust Issues? Resolved!.....	12
Sunday 1:30PM - 3:15PM.....	12
Step, Step Reverse The Sacred Art of Human Stacking.....	12
The Nimble Gimbal.....	13
Whip it Kinda Good?!.....	13
Fly Air Thai.....	14

FRIDAY INTENSIVE

Friday 10:00AM - 12:30PM | 2:00PM - 5:00PM

Poppin' Deadbugs, Nuggets and Pancakes

With Stasia Butler & Jeremy Robinson

Level: Intermediate w/Advanced Variations **Style:** L-Basing

Description

Stasia and Jeremy will dissect this fun bouncy, flippy floppy flow to get the most out of subtle cues that adapt to the variety of flyer base dynamics that are possible. Your path to advanced human foot juggling goes through mastering these pops and catches.

There's no wrong way to acro, but different techniques yield different outcomes. Here we will have room to play with those variations to get good at getting funky pops to work safely.

In this intensive we will work with silly fun shapes to explore technical transitions. Come ready to hold your dead bug, eat your nuggets and veggies and flip some cakes!

Prerequisites

Washing machine experience, comfortable in star/reverse star, free star with a spot

SATURDAY

Saturday 10:00AM - 11:45AM

Funky Dance Lifts

By Iffy Roma, David Mckay, Sarah Jack

Level: Beginner

Style: Standing Acro Dance/Flow

Description

Fun and playful lifts that don't require you to be a super Acrobat. Let our trio teach you a variety of fun lifts to add to your dance nights, acro flows or party tricks to impress your friends and feel the *high*.

Prerequisites

Bases & Flyers: Feel strong and healthy in your body to lift & support other humans.

Teamwork In Motion

By Ben Klein and Sam Sweet

Level: Open

Style: Trios & Groups/Standing or L-Basing

Description

In this class, you'll defy gravity (and your comfort zone) while learning to trust each other. Whether you're building pyramids, launching each other into the air, or mastering synchronized tempos, expect laughter, occasional confusion, and a whole lot of high-flying moments. No experience needed, just a sense of adventure and a willingness to laugh through the tumbles!

Prerequisites

Good attitude and willingness to collaborate.

Handstands On Feet

By Emily Lesinski & Sean Langhaus

Level: Int/Adv

Style: Standing Dynamics

Description

The Class title kinda give it away, doesn't it? :D Come join us.

Prerequisites

Balanced handstands and good experience in Dynamic Lbasing Level

Saturday 12:00PM - 1:45PM

Dance Lifts

By B'Aruna & Iffy Roma

Level: Advanced

Style: Dance/Flow

Description

Iffy is gonna lift Jeremy and students are gonna laugh. Then Jeremy is gonna pick Iffy up and demo some of their performance lifts.

Prerequisites

Dive forward roll. Dive cartwheel. Candlestick burpees.

Squish Me Please

By Sophy Warner and Timothy Fruman

Level: Intermediate

Style: L-Basing

Description

Funky inverse flow with weird transitions and mono's.

Prerequisites

Basing or flying (ideally can do both) Solid at least 10 sec hold and with transitions to other poses preferred: Star, Foot to shin, Rev throne, Suggested foot to forearm (10 second hold), experience with mono foot to hand or forearm (3-5 second hold).

Some Random Icarian Thing

By Taylored Acro & Kerri Hilton

Level: Intermediate **Style:** L-basing/Icarian

Description

In this Icarian class we will go over: Castaways/martinis/front tucks/varsials/whipbacks (ORGANIZERS WILL PICK WHICH ONE). This class will explore how to approach and refine dynamics while keeping the whole skill safe and progressive. You'll walk away with a better understanding of how to approach dynamic movements and train them so you can soar higher than ever!!

Prerequisites

Icarian straight throws, Fast hands, Keen eyes, Soft catches, Soft tumbling. THESE CHANGE BASED OFF WHAT ORGANIZERS PICK.

Foot to Hand FUNdamentals

By Kimber Brenneman & Craig Johnson

Level: Beginner **Style:** L-Basing

Description

Foot to hand is a fundamental acro pose, but it can be really clunky and rough on the base's wrists when the flyer steps in while holding the base's feet. This class will introduce alternative entrances to foot to hand that are symmetrical, safe, and look a lot smoother. There will be special attention to how spotters can assist in making foot to hand FUN.

Prerequisites

None.

Saturday 3:00PM - 4:45PM

So Much Standing, So Little Time

By Christina Baez-Johnson & Matt Fields-Johnson

Level: Advanced **Style:** Standing Acro

Description

We will be offering various classes based on need and to ensure variety. More to come!

Prerequisites

For most classes a 10 second H2H without moving will be the prerequisite.

Path to Inlocate

By Andy Philips & David Haws

Level: Intermediate **Style:** Standing Acro

Description

In-locating to hand-to-hand can be fun and safe to learn. This class teaches how! You can inlocate in class and/or take home all the right tools to make it possible.

Prerequisites

Low hand-to-hand from star or jumping-in. Standing hand-to-hand from shoulders with 3-or-fewer base steps during the catch.

Flight of the Philodendron

By Victoria & Camilo Castillo

Level: Intermediate **Style:** L-basing

Description

Get ready to dance with gravity in this playful flow! Designed for those excited to be upside down, we'll explore whips, pops, and seamless transitions that feel light and effortless. It's not about brute force but finding the sweet spot between strength and finesse. Featuring a fun washing machine, this class will spark laughter and joy. If you love floating, come play and connect.

Prerequisites

Base: L-base star, shin-to-foot, side stars, flatspin (doesn't need to be perfect), some experience with front and back whips. Flyer: L-base star, shin-to-foot, side stars, flatspin (doesn't need to be perfect), some experience with front and back whips.

The Waka Way's Phoenix Flow

By Whakapaingia

Level: Open **Style:** Lunar/L-basing/Therapeutics

Description

Theme: Rebirth, resilience, and the power of kindness and connection. Come along as we lift each other up just as the phoenix rises up from the ashes. A healing therapeutic phoenix flow to fly high then a grounding Thai massage flow to close in kindness.

Prerequisites

An open heart, a desire to heal, positive vibes and permission to have fun.

SUNDAY

Sunday 9:30AM - 11:15AM

Midlife Crisis: The Little Red Sports Car Edition

By Melissa Wu & Rose Eilenberg

Level: Intermediate **Style:** L-Basing/some standing acro

Description

In this second edition of our midlife crisis, Wu & Rose will continue to prove that mids have more fun. Rev your engines and get ready to rock and roll while switching roles.

Prerequisites

solo skills: forward roll, cartwheel, ability to kick up to handstand at the wall. Base & flyer: star, side star and two high.

Wicked Washes

By Sarah & Morgan Kelley

Level: Intermediate **Style:** L-Basing

Description

Get ready for a Boston inspired adventure! Unlock some wicked cool transitions and dial up your body awareness. Clear communication is our tea party as you find support with your partners that's stronger than a Dunkin iced coffee. Join us for some wicked washes Boston style!

Prerequisites

Flyer: Reverse star.side star, comfort in mono back fly and inversion. Base: rock solid side stars, stability with single leg transitions and poses.

Leading & Following Leadable Dance Tricks

By Dave Paris & Sarah Jack

Level: Open **Style:** Acro Dance/Flow

Description

Fundamentals of leading and following partner dance and dance tricks to be the star of the ball.

Prerequisites

None.

Sunday 11:25AM - 1:10AM

Shine Bright: Star Workshop

By Butch & Buttercup (Angela & Yoni)

Level: Intermediate **Style:** Standing Acro

Description

Learning stability and control in side balances & variations of star on different body parts with various entrances and exits.

Prerequisites

Flyers should be comfortable with inversions (headstand) kicking up to HS even if not holding . Bases Minimum 1 yr acro.

Dance Lifts

By Mendel Romanenko

Level: Open

Style: Acro Dance

Description

Bring your partner and prepare to:

- Build strong partner connection and trust.
- Learn elegant, eye-catching transitions.
- Develop acro sequences set to dynamic choreography.
- Create performances that harmonize movement, music, and energy.

Some acro dance experience required.

Prerequisites

Bird on shoulder, two high, and flag

Pop It and Drop It

By Sophy Warner, Tim Furman, Ayton Barret & Erica Henrichsen

Level: Advance

Style: Trio/Group(Standing or L-basing)

Description

Poplocates: Work as a team to yeet your partners into the air. Use Icarian and standing dynamics together to do locates, relocates, dislocate and other Icarian paired dynamics safely.

Prerequisites

Two high (ideally solid hands-free). Jump into standing h2h (5 sec hold min, ideally 10 second no step hold). Throne straight throw (Icarian full release).

Some experience with standing dynamics is helpful. Willing to spot H2H and/or Icarian.

Trust Issues? Resolved!

By Rob Newmans

Level: Open **Style:** Other/Counterbalancing

Description

Struggle with trust? In this playful counterbalance class, you'll learn to lean into your partner-literally. Explore weight-sharing, leverage, and dynamic balance techniques that build confidence, communication, and connection. Whether you're new to counterbalances or refining your skills, you'll leave feeling more in sync and ready to trust the process (and your partner).

Prerequisites

Only smiles are required.

Sunday 1:30PM - 3:15PM

Step, Step Reverse

By Juliana & Michael Goldman

Level: Intermediate **Style:** Standing

Description

Sashay your way up to standing reverse hand to hand with this dynamic entrance. This is a good class for folks who don't have much experience with standing hand to hand and want progressions for an accessible entrance. We will

take you through all the steps and spotting plus our favorite warm up drills to refine your low h2h.

Prerequisites

Comfort basing or flying at least one entrance to low R h2h spotted but we won't turn anyone away who is less than proficient

The Nimble Gimbal

By Elise Foster & Dean Hively

Level: Adv/Int

Style: L-basing

Description

Elise and Dean of Acrolesque come to you with a fresh new washing machine. In this washing machine, you will become a human gyroscope as you defy gravity and transition through multidimensional axes of motion. Expect the unexpected, twists, turns and upside downs. This washing machine rotates in three axes.

Prerequisites

Star, side-star, foot to hand.

Whip it Kinda Good?!

By Taylored Acro & Kerri Hilton

Level: Intermediate

Style: L-basing

Description

In this class offering Kerri and Taylor will take you through the progressions, theory and building blocks to help build your whip practice!!
Great for first timers or people looking to start and even better for people with some whips experience that are looking to refine and expand.
The content will be scaled to everyone's individual level (maybe even some pops will happen 😊)

Prerequisites

Bird, throne, backfly, reverse throne.

Fast hands, keen eyes, and willingness to be wrong and learn!!

Fly Air Thai

By Susie & Nosa Edebor

Level: Beginner **Style:** Lunar/L-basing/Therapeutics

Description

This is your one way ticket to rest and relaxation as we explore flying therapeutics techniques before we make our final descent to land in a grounding Thai Massage practice. No experience needed.

Prerequisites

None.
