

Mat Recommendations for At-Home Practice

If you are considering purchasing a mat for your Acro-Dancer, we have some recommendations:

- 4X8 minimum is a good size, allowing them to comfortably practice a cartwheel
- If the mat will be on top of a padded carpet, 1-3/8" thickness should be fine
- If the mat will be on a hard surface, 2" or more is the safer bet
- Make sure you can secure the mat so that it does not slide while in use. Placing a yoga mat underneath of it is one option that may work for your situation

Tumbltrak sells appropriate mats. Less expensive options might be found at Wesellmats.com or Amazon.com. We have also had success finding appropriate mats on Craigslist as well as Facebook Marketplace.

PLEASE NOTE: FOR SAFETY REASONS, YOUR DANCER SHOULD ONLY PRACTICE SKILLS UP TO HER CURRENT LEVEL AND ONLY THE SKILLS THAT SHE HAS MASTERED AND HAS BEEN ALLOWED TO DO IN CLASS WITHOUT A SPOTTER.