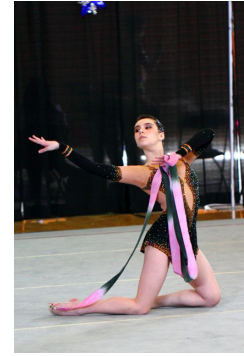
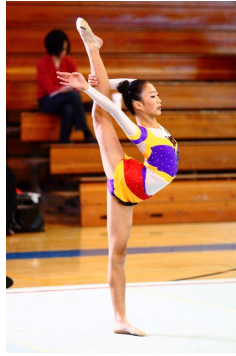


**SAN DIEGO RHYTHMS**  
**Rhythmic Gymnastics Program**  
**at After School Learning Tree**  
11501 Rancho Bernardo Road, Suite 150-A

**For ages 5 and up**



**Rhythmic Gymnastics is a beautiful Olympic sport.**

Gymnastics choreographed to music and accompanied by colorful hoops, balls, ropes, ribbons, and clubs. Includes elements of ballet, modern dance, and Pilates.

Rhythmic Gymnastics will create perfect posture and body lines, develop flexibility and balance, improve physical fitness and coordination.

SD Rhythms, one of the most well known and successful clubs in the country, home of national, regional and states champions.

To learn more about San Diego Rhythms, please, see our website  
[www.sdrhythms.com](http://www.sdrhythms.com)

**Classes Schedule**

**Thursday**

**4pm – 5pm**

New classes will be open based on enrollment

First class is free with this flyer

For classes information call or email Coach Sofia:

(858) 945-4114, [sdrhythmic@yahoo.com](mailto:sdrhythmic@yahoo.com)

[www.sdrhythms.com](http://www.sdrhythms.com)