

RHYTHMIC GYMNASTICS

An introduction to **Rhythmic Gymnastics**, which teaches body alignment, coordination, flexibility, rhythm, grace, creativity, musicality, and self-expression. Classes include **elementary choreography and dancing** with ball, ribbon, hoop, and rope.

Beginners 1, 2

Girls only.

60 minute class

This recreational class is based on USA Rhythmic Gymnastics Program Level 1 - 2 . Children are learning jumps and leaps, arm movements, basic gymnastics, ballet, and dance steps, and work on balance. Basic Pre-Acrobatic Skills are taught, including cartwheel, bridge, forward roll, and backward shoulder roll. Basic apparatus techniques and stretching techniques are taught.

Beginner 1 (5 – 6 Years Old)

Wednesday 6:00pm – 7:00pm

Beginner 2 (7 – 10 Years Old)

Wednesday 7:00pm – 8:00pm

These classes are new and will be open with minimum 6 students in each class

Please call to the San Diego Rhythms at (858) 945-4114 with your inquiries about enrollment.