

# 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.

## **Beginner** (5 – 10 Years Old) Girls Only **Monday/Wednesday 3:45– 4:45pm**

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.

## **Rhythmic Dance** (7-10 Years Old) Girls and Boys **Monday/Wednesday 6:00 – 8:00pm**

This is a combination of gymnastics and dance class. Boys and Girls are learning all basic gymnastics skills taught in Beginner class including Basic Pre-Acrobatic skills and stretching techniques used in Rhythmic Gymnastics. They are learning basic dance techniques used in Modern Dance and Jazz. Apparatus work is not introducing in this class.

## **Ballet**

Monday 6-7pm (4-6 years old)  
Monday 7-8pm (7-10 years old)

## **Flexibility** (7 Years Old and up) Girls and Boys **Monday/Wednesday 4:45– 5:45pm**

This class is designed for figure skaters, ballet students, gymnasts, cheerleaders, and Dancers, who need to improve their flexibility.

## **Competitive team** ( 6 – 10 Years Old) **Monday/Wednesday 4:45 – 8:00pm**

By invitation only. See coach Sofia to schedule a try-out

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)

First class is free.