

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 technique and stretching technique is taught.

Rhythmic Dance (7-10 Years Old) Girls and Boys **Monday** **4:45 – 6:45pm**

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.

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,
www.sdrhythms.com

First class is free.