

Rhythmic Gymnastics

at Lawrence Family JCC

4126 Executive Drive, La Jolla CA 92037 (UTC area)

For ages 4 and up

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

Competitive Team

(6 and up by invitation only)

Tue/Thu/Fri: 3:45 – 7:45pm

Saturday: 2-6pm

Pre-Team

(5-10 years old. By tryout)

Tue/Thu/Fri: 3:45 – 6:45pm

Saturday: 2-5pm

Beginner classes (5-10 years old)

Tue/Thu/Fri: 3:45 – 4:45

Saturday: 2-3pm

Preschool (4-5)

Saturday: 12:30 – 1:30pm

Saturday Ballet

Beginner(4-6): 2-3, Intermediate: 11-12 and 12-1, Advanced: 1-2

Flexibility/Conditioning classes

Tuesday/Thursday/Friday 3:45 – 4:45 pm

Saturday – 2:00 – 3:00 pm

First trial class is free

For classes information and schedule call or email Coach Sofia:
(858) 945 - 4114, Sofia@sdrhythms.com
www.sdrhythms.com