

# *Rhythmic Gymnastics*

## **At Lawrence Family JCC**

4126 Executive Drive, La Jolla, CA 92037

### **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

#### **BEGINNER CLASSES SCHEDULE**

For students 6 years old and up

Tuesday, Thursday: 3:45 – 5:45 P. M. Dance: 4-6pm Friday

Saturday: 2:00 – 4:00 P. M. Ballet: 1-2 P.M.

Preschool/K: Saturday 12:45 – 1:45 P.M. Ballet: 2-3 P.M.

#### **COMPETITIVE PROGRAM**

By Invitation Only

Tuesday: 3:45 – 7:45

Thursday: 3:45 – 7:45

Friday: 3:45 – 6:45

Saturday: 2:00 – 6:00

#### **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**, [sdrhythmic@yahoo.com](mailto:sdrhythmic@yahoo.com)

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