

# 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 1, 2**                      Girls only.                      60 minute class

This 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**                      Girls and Boys                      2 hours class

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**                      Girls and Boys                      60 minutes class

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

|   |                          |                 |
|---|--------------------------|-----------------|
| <b>Beginner 1</b> (5 – 6 Years Old)           | <b>Monday, Wednesday</b> | 4:00 – 5:00pm   |
|   | <b>Saturday</b>          | 10:00 – 11:00am |
| <b>Beginner 2</b> (7 – 10 Years Old)          | <b>Monday, Wednesday</b> | 5:00 – 6:00pm   |
|   | <b>Saturday</b>          | 11:00 – 12:00pm |
| <b>Rhythmic Dance</b> (5-10 Years Old)        | <b>Tuesday, Thursday</b> | 4:00 – 6:00pm   |
| <b>Flexibility</b> (7 Years Old and up)       | <b>Friday</b>            | 7:00 – 8:00pm   |
|   | <b>Saturday</b>          | 2:00 – 3:00pm   |
| <b>Competitive team</b> - by invitation only. |                          |                 |

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)