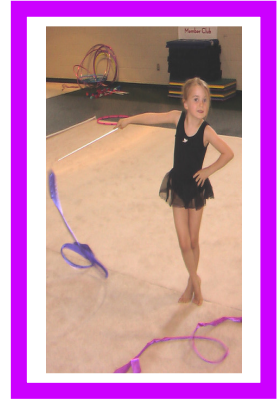
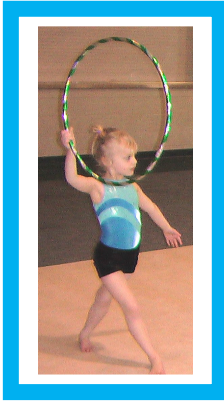


# Recreational Rhythmic Gymnastics Program

Recreational Rhythmic Gymnastics Program is opened to anyone. This is the best way to discover the wonders of Rhythmic Gymnastics. Recreational Rhythmic Program is appropriate for either the beginner or for the athlete who is interested in a non-competitive environment. Gymnasts are guided through stretching, ballet, dance and rhythmic gymnastics body technique incorporating the use of rhythmic gymnastics apparatus - ropes, hoops, balls, ribbons and colorful scarves in harmony with music.



Our recreational program will offer physical fitness and fun where basic level skills are taught in a friendly, playful and supportive environment. Classes will be designed for all ages from 4 to teens at all ability levels and will be taught by certified coaches.

The benefits of Rhythmic Gymnastics to girls in their formative years include physical fitness, self-discipline, positive self-esteem, lasting friendships, team skills, fun and a healthy lifestyle that the gymnast will sustain for life.



Each year annual shows will be held for parents and friends where gymnasts can demonstrate their accomplishments.



We expect that many of gymnasts will progress through into the elite or competitive program.