



ELEMENTS
RHYTHMIC GYMNASTICS



RHYTHMIC GYMNASTICS HOLIDAY PROGRAMME

Rhythmic gymnastics is an Olympic sport combining elements of gymnastics, dance and apparatus-handling. Gymnasts perform routines to music using ribbons, balls, hoops, ropes and clubs

Physical abilities developed include:

Strength, Flexibility, Hand-Eye Co-ordination, Balance and Dexterity.

The elements holiday programme combines world-class Rhythmic Gymnastics coaching with lots of fun games and activities.

HOW A TYPICAL DAY MIGHT LOOK

08:00am-09:00am	Drop off time, free play time
09:00am-10:00am	Stretching and flexibility class
10:00am-10:30am	Morning tea break
10:30am-12:00pm	Rhythmic gymnastics lesson
12:00pm-02:00pm	Excursion to Botanic gardens, walk and picnic (weather permitting, if bad weather lunch will be eaten on site followed by quiet time/art projects).
02:00pm-03:00pm	Learning apparatus masteries (Ribbon, ball, rope, hoop)
03:00pm-05:00pm	Games

PRICE

9:00am-3:00pm **\$45 PER DAY**

8:00am-5:00pm **\$55 PER DAY**



► Where

The holiday programme will be held at Elements Rhythmic Gymnastics Club, The Anglican Chinese Mission Hall, 30-50 Glenmore Street, Kelburn (opposite the main entrance of the botanic gardens).

► Who should come

If you were always curious about Rhythmic Gymnastics and wanted to give it a try, the holiday programme is the perfect opportunity.

We will also cater to experienced Rhythmic Gymnasts and classes will be split by skill level.

Enrol now at Rhythmicgym.nz or by email info@rhythmicgym.nz

Programme subject to minimum number of registrations.