

Training Group	Monday	Wednesday	Thursday	Friday	Saturday
<b>Recreation: (Sparkles and Spirits)</b> This class is perfect for girls who are just joining us & wanting to learn the basics of Rhythmic Gymnastics while having tons of fun! Your daughter will be introduced to the basic apparatus skills, flexibility, coordination & grace. ****This is the only program that you are able to sign up for a short period, ie 6 - 8 weeks.					9 - 9:30 ages 3 - 4 9:30 - 10:00 4 - 5 10 am to 11 am 6 - 9 years
Kindergym 3 - 4 or 4 - 5 or 6 and up		5:30 - 6:00			9:00 to 9:30
Rhythmic Gym for beginners		4:45- 5:30			9:45 - 10:30
<b>Ballet classes:</b> Leanne offers a great fun learning experience while teaching from the basics up to the advance ballet technique	included in training				included in training
<b>Performance:(prev. Espoire)</b> This class is for the girls who love their experience with us & are excited to perform in a group with many different apparatus. This class will focus on apparatus skills, team work, coordination & grace! This class will have at least two performance routines if not more		4 - 5pm			10:30 - 11:30 options to stay until 12:00
<b>Pre- Competitive</b> This class is for gymnasts who have experienced Rhythmic Gymnastics before & are ready for more! It is the basis to move to our competitive program & makes the transition easier. This program is based on growing & improving quickly over a year or two (depending on the gymnast-her age-her competitive comfort level etc). These girls will work on a group routine as well. These gymnasts have the opportunity to train 1-3 days a week. For these gymnasts we also suggest attending our Performance class as well for a great balance.	4:00 - 5:30 pm or 4:00 - 6:30 pm			4:00 - 5:30 pm or 4:00 - 6:30 pm	
<b>Competitive Team Training -</b> This class is for returning competitive gymnasts & new Rhythmic Gymnasts (with experience in Artistic Gymnastics or Dance by audition).This class is perfect for the girl who is striving to improve & push her personal limits! These girls will train to compete individually & possibly as a group as well. We will focus on performance, strength, flexibility, apparatus technique, body technique, ballet technique, discipline, creativity & team work. These gymnasts will train between 6 & 16 hours a week; depending on age, level & personal expectations. These gymnasts will compete between two & four routines & one performance routine as well. These gymnasts will have the opportunity to participate in at least 5 competitions if not more!	4 pm start confirm length of training time with coach	training available, for independent gymnasts, please make request	4 pm start confirm length of training time with coach	4 pm start confirm length of training time with coach	9 am start confirm length of training time with coach
<b>Ladies Class:</b> This class is great for all ladies!!! Retirees, Young ladies, Moms, Friends, Aunts and Grammas come on out & get some light exercise! We would love to have everyone. This class is lots of fun learning all the different aspects of Rhythmics because you are never too old.	6:00 - 6:45				