



NEW! COMING UP
LIBERTYVILLE SPORT COMPLEX

Rhythmic Gymnastics Classes

We offer classes for all kids ages 3 to 16!

These classes incorporate creative dance, tumbling, basic movements, balancing and stretching. These activities are used to enhance both hand and eye coordination and flexibility.



Rhythmic Gymnastics is a unique Olympic Sport for girls that combines dance and acrobatic elements into routines choreographed to music.

Participants use hand apparatuses such as **Ribbon, Rope, Hoop, Ball, and Clubs** which are constantly in motion and synchronized with their body movements. Rhythmic Gymnastics enhances musical abilities of harmony and rhythm, develops poise and grace, improves body coordination, and builds strength, flexibility, agility and endurance.



M&N Gymnastics program accommodates all levels from beginner to advanced!

The program is designed to gradually develop basic **rhythmic gymnastics** skills while learning to incorporate them into potentially competitive routines. When gymnasts master both the skills and routines, they are offered the option of a training program and competing at various meets throughout the year.

Our Contact Information:

www.facebook.com/mngymnastics

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