

RHYTHMIC GYMNASTICS PROGRAM



WHAT IS RHYTHMIC GYMNASTICS?



With some space, a few hoops and balls to start, and a curriculum of basic skills, a rhythmic gymnastics program can be born. At the basic level, rhythmic gymnastics is all about developing physical fitness, strength, flexibility, agility, balance and eye-hand-foot-coordination—all of which girls and women of all ages seek for their own health and physical well-being. By starting with basic body positions and apparatus skills through progressions and interactive games, girls will

have fun and develop their abilities in the sport of rhythmic gymnastics.

Rhythmic gymnastics is a wonderful activity for children. A variety of benefits can be achieved through participating in rhythmic gymnastics even before entering the competitive levels, and children are immediately drawn to the music and movement with the hand equipment. The most important aspects of gymnastics are aiding children in their physical, mental and social development and allowing them to have fun and be free with their imagination and creativity.



FOR WHOM IS RHYTHMIC GYMNASTICS?

Rhythmic gymnastics is really a sport for **EVERYONE!** When I decided to create my program, I wanted to make the sport available to everyone who wanted to try it! **Even girls that cannot afford gymnastics classes.**



STRUCTURE OF H.O.P.E. - RHYTHMIC GYMNASTICS PROGRAM



- **Recreational rhythmic gymnastics**—a club may choose to divide this group of athletes by age or skill level, such as beginner, intermediate and advanced. Typically athletes in these classes are school-age children. A curriculum may focus on basic skills and progression with the body and with each of the five apparatuses.
- **Pre-competitive and competitive rhythmic gymnastics teams**—USA Gymnastics provides structure for Levels 1–8. Levels 1 and 2 are developmental levels and can be used as non-competitive, achievement-oriented programming or pre-team. Levels 3–8 are part of the Junior Olympic Program and include a compulsory component.

A typical session may run 8–12 weeks. Recreational classes meet one time per week and Team classes 2 or more times per week, enabling girls to achieve tangible goals within each session. Our session will start in the second week of classes of the Greenwich Public School District.

WHY PARTICIPATE IN RHYTHMIC GYMNASTICS?

- **Low-risk**
- **Develops physical fitness, eye-hand and foot-eye coordination, motor skills, rhythm**
- **Develops life skills:** teamwork, self-confidence, responsibility, goal-setting, sportsmanship and friendship
- **Fun and beneficial**

As we observe the competitive high level gymnasts we notice that Rhythmic Gymnastics gently sculpts the young girl's body and mind into a lean, graceful, poised, confident young woman. The Rhythmic Gymnastics equipment automatically corrects the body posture and the proper basic technique in children as young as three years old. For instance, if they do not straighten their knees, the

ball will not roll on their legs. They kids are simply “playing,” sometimes they don’t even get that they are exercising or learning new skills.

Engaging

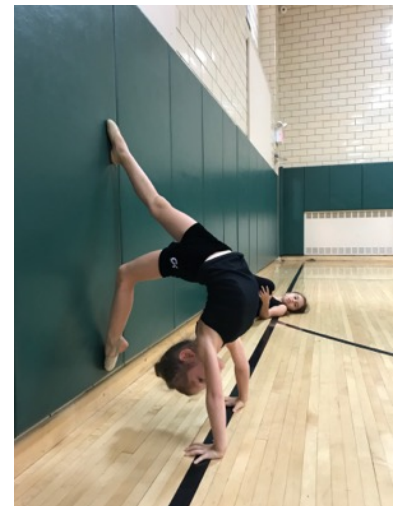
- Though ballet is the foundation of the sport, for many young, preschool-age children, it is often difficult for very active children to do repetitive barre work/floor work. Rhythmic gymnastics offers the chance to develop those skills while also being able to have more dynamic movement as well as utilize hand apparatus to help develop grace, coordination, strength and flexibility.

- In a class setting with 10 children (for ex- ample), all 10 children can be working at the same time with apparatus on the carpet. There is little to no waiting in line to take turns or be spotted which becomes a great use of class time, when the majority of class time is spent moving and learning through movement.

• Develops creativity, musicality, artistry

- Because music is such a regular part of the sport (used for all routines), rhythmic gymnastics offers a nice opportunity to develop musicality.

- Rhythmic has not only the athletic aspects, but also has the creative process of finding music that matches the athlete, choreographing the routine to interpret and express that piece of music and finally to creating a leotard and equipment that finishes this piece of art. It is an all inclusive form of the arts: music, movement, design. This makes it different from other sports, from ballet or from acrobatics as it combines aspects from all.



EQUIPMENT

Rhythmic gymnastics equipment/apparatus:

- Rope
- Hoop
- Ball
- Clubs
- Ribbon

