

IMPORTANT! KEEP THIS ALL SEASON!



Special Olympics Rhythmic Gymnastics: Session Two

Rhythmic Gymnastics is a dance-based sport that uses props and encourages the development of motor skills and coordination. Participants will use ribbons, hoops balls and ropes to express themselves through music. **The goals of this program are to increase flexibility and creativity through body movement.**

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| Program Leader: | (Leader)Denise Quinn (Liaison) Mike Younie mikey@fvsra.org |
| Location: | Hickory Knolls, Twin Leaf East Rm., St. Charles |
| Date(s): | Thursdays, Feb 9-Mar 8 |
| No Program Dates | |
| Time: | 3:00pm-6:00pm |
| Program Code: | 312-3001-2-5 |

Notes:

- A Special Olympics Medical Application must be on file with FVSRA by Wed, Feb 1
- The instructor will schedule a lesson time prior to the first class. Lessons are scheduled in 1 hour intervals. This will be done on a first-come, first served basis.
- Participants should dress for comfort in clothes that allow for stretching and movement.
- A mini meet will be held Sat, Mar 10. Time TBD The Special Olympics District meet will be held Sun, Mar 11.

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