

# Rhythmic Gymnastics

Sponsored by Avon Recreation and Parks



**Fridays, January 11 - March 15.**

(No class 1/18 or 2/15)

**At Avon Middle School.**

**5:00 - 5:45 p.m.**

**Fee: \$93.00**

Girls in grades 2-6 will have fun learning the elements of dance, increase flexibility and strength, play games and learn choreography. Girls will learn to handle apparatus such as ropes, hoops, balls and ribbons.

For more information, visit [www.ctrgclub.com](http://www.ctrgclub.com)

Please wear athletic attire, leotards, shorts, and leggings. Hair must be away from the face. Please bring a water bottle.

To register, go to [www.avonrec.com](http://www.avonrec.com)