

# BALA GYMNASTICS



SUMMER RHYTHMIC GYMNASTICS  
KIDS BEGINNERS CLASSES AT BALA  
GYMNASTICS 45 BALA AVE BALA  
CYNWYD PA 19004 REGISTRATION  
IS OPEN FOR SUMMER AND FALL  
SESSIONS

## **Rhythmic Gymnastics Beginners Classes** **Fall/Winter/Spring/Summer 2022-2023**

Rhythmic gymnastics is a marvelous blend of traditional gymnastics, dance and ballet, with the use of apparatus such as ball, ribbon, clubs, rope, and hoop. This Olympic sport develops grace and beauty for young girls and challenges them to excel while making them skilled in ballet, dance, strength, flexibility and coordination. Miss Valeriya Neikova and Miss Anna Ivanova, both former rhythmic gymnasts and experienced coaches from Bulgaria, coach new and fun rhythmic gymnastics skills at the Bala Gym year round!

Registration is open (visit [www.balagymnastics.com](http://www.balagymnastics.com) or call (610) 580 4714

Registration form, waiver and payments are required before attending the first class.

Monthly tuition is \$145 for one hour per week and includes 4 classes per month.  
Packages: (3 months \$375), (6 months package \$780), (10 months package \$1080)  
(Option for 2x per week class is \$205 per month)

### Schedule Fall/Winter/Spring 2022-2023

- Mondays: 5pm-6pm (class 5-9 years and 9-12 years old)
- Tuesdays: 4:30pm- 5:30pm Beginners class all age groups)
- Thursdays 4:30pm-5:30pm (Beginners 4-6 years old) and (Beginners 7-12 years old)
- Fridays 4pm-5pm (Munchkin class 3-6 years old) and 5pm-6pm
- Fridays 5pm-6pm (Beginners class 7-12 years old)
- Sundays 11:15am-12:15pm (beginners all age groups) TO REGISTER CALL (610) 580 4714

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