

# EXTRACURRICULAR ACTIVITIES

Brains La Moraleja



2019/20



## RHYTHMIC GYMNASTICS ACADEMY

**Person in charge:** Playedu

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Rhythmic gymnastics helps improve coordination, concentration, flexibility and muscle strength, as well as developing a sense of harmony, aesthetics and self-confidence.

Thanks to this extracurricular activity, students will learn the main rules, steps, techniques and uses of the different elements.

TIMETABLE AND GROUPS



### Preparatory:

2 weekly periods of 45 minutes each.

Monday and Wednesday: 10:30 a 11:15 h.

### Primary:

2 weekly periods of 45 minutes each.

1 and 2: Mon. and Wed. (10:30 a 11:15 h).

3 to 6: Mon. and Wed. (11:15 a 12:00 h).

### Secondary:

2 weekly periods of 90 minutes each.

Monday and Wednesday: 17:00 a 18:30 h.

