

EXTRA + ESCOLARES



2020/2021



RHYTHMIC GYMNASTICS ACADEMY

Person in charge: María Teresa Sánchez
Tel.: 928 29 64 44
extraescolares.lp@colegiobrains.com

Rhythmic gymnastics combines ballet, dance and gymnastics moves with the use of different objects such as clubs, balls, ribbons, ropes or hoops. Rhythmic gymnastics helps our youngest students by:

- Stimulating coordination.
- Improving flexibility and muscle strength.
- Fixing bad posture.
- Generating self-confidence.
- Teaching them the importance of teamwork,
- comradeship and mutual respect.

HORARIOS Y GRUPOS

2 períodos semanales de 1 hora.

Nursery - Primary 1:

Tuesday and Thursday: 16:00 - 17:00 h.

Primary 2 - Primary 6:

Tuesday and Thursday: 17:00 - 18:00 h.

- Developing a sense of harmony and aesthetics.
- Enhancing balance and concentration.

brains/
INTERNATIONAL SCHOOLS

