



SPORTDANCE
BORN TO PERFORM

RHYTHMIC GYMNASTICS

CLASSES SCHEDULE 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|-------------------------------------|--------------------------------------|------------------------------------|-----------------------------------|-------------------------------------|
| MOKA | FORBACH | FORBACH | FORBACH | FORBACH | FORBACH |
| 16:00-17:00 Provisional* 8+ Level 2 | 15:15-16:15 7-8 y.o Level 1-2 | 15:00-16:00 9-11 y.o Level 1-2 | 15:15-16:15 9-11 y.o Level 3 | 15:15-16:15 12+ y.o Level 3 | 10:00-11:00 Beginners 4-6 y.o |
| 17:00-19:00 Provisional* HP | 16:15-19:00 HP | 16:00-18:00 Performance | 16:15-19:00 HP | 16:15-19:00 HP | 11:00-13:00 Performance |

AGE GROUPS 2019

| AGE GROUPS | YOB |
|------------|------------------------|
| 4-6 y.o | born in 2015-2014-2013 |
| 7-8 y.o | born in 2012-2011 |
| 9-11 y.o | born in 2010-2009-2008 |
| 12+ | born in 2007 or before |

LEVELS 2019

| LEVEL | HOURS OF PRACTICE PER WEEK |
|--|----------------------------|
| AGE GROUPS LEVELS (Recreational Rhythmic Gymnastics) | 1H ONCE A WEEK |
| PERFORMANCE (from 7y.o.Intermediate level) | 2H ONCE A WEEK |
| PERFORMANCE + (from 7y.o.Intermediate level) | 4H A WEEK |
| HP (HIGH PERFORMANCE) (Competitive level) | 8-10H A WEEK |

CLASSES START ON: Thursday 5 September 2019