

RHYTHMIC GYMNASTICS NEWS

As of 13 March 2026

SEPARATE JS & SS NEWS

The Foundation and Competition rhythmic gymnasts have made leaps and strides in their Term 1 progress. The focus for training sessions this term has been building a strong foundation for body movements and hand-held apparatus skills with rope, hoop, ball, clubs and ribbon, as well as increasing body awareness and musicality through learning ballet and pilates technique.

The coaching team are excited for the year ahead and the dedication of the gymnasts in learning all about the inclusive sport of Rhythmic Gymnastics. Join us on a Wednesday, Friday or Saturday in the Sports Hall.



Club 
Pero

