



RECREATIONAL PROGRAM



Fostering Creativity,
Fitness and Joy
Through Movement

2025 – 2026

What is Rhythmic Gymnastics?

Rhythmic Gymnastics is a beautiful and challenging sport that combines elements of gymnastics with many styles of dance. It incorporates the use of five hand held apparatus: Rope, Ball, Hoop, Ribbon, and Clubs, with various movements to music.

Benefits of Rhythmic Gymnastics Recreational Programs

Physical Development

- ♦ Flexibility: Regular stretching and movement improve range of motion and reduce the risk of injury.
- ♦ Coordination and balance: Navigating apparatus and dance movements sharpens motion awareness and control.
- ♦ Strength and endurance: Even at the recreational level, gymnastics builds core strength, muscular endurance, and cardiovascular health.
- ♦ Motor skills: Fine and gross motor abilities are enhanced through manipulation of apparatus and floor work.

Social and Emotional Growth

- ♦ Confidence: Mastering new skills and performing routines, even informally, boosts self-esteem.
- ♦ Teamwork and cooperation: Group activities foster communication and respect for others.
- ♦ Stress relief: Movement and music provide an outlet for emotion and a source of joy.



Creativity and Artistic Expression

- ♦ Musicality: Moving to diverse musical genres cultivates rhythm and appreciation for the arts.

What to Expect in a Recreational Class

A typical recreational session might include:

- ♦ Warm-up: Light cardio, stretching, and mobility exercises to prepare the body.
- ♦ Movement skills: Learning basic steps, leaps, pivots, and balances on the floor.
- ♦ Apparatus exploration: Guided activities with ribbons, hoops, balls, and scarves, focused on handling, tossing, catching, and rolling techniques.
- ♦ Dance and choreography: Simple routines set to music, emphasizing musicality and expressiveness rather than technical difficulty.
- ♦ Games and creative play: Imaginative activities that integrate rhythmic elements, teamwork, and improvisation.
- ♦ Cool-down: Gentle stretching and relaxation to end the class on a positive note.



Recreational Classes We Offer

Introduction to Rhythmic Gymnastics

Introduction to Rhythmic Gymnastics (IRG) is a program for beginners as well as those who have participated in the sport recreationally. These classes are 1 hour long and run for 10 weeks. During the 10-week session, gymnasts will have the opportunity to develop skills and various types of apparatus: scarves, rope, ball, hoop, and ribbon. Basic jumps, leaps, pivots, and balances will be taught. During the last class, parents are invited to an open class to watch a demonstration of the skills their daughter has learned throughout the season. Throughout the program, gymnasts will learn a proper warm-up, develop hand-eye coordination as well as flexibility in a fun, safe, and encouraging atmosphere!

The cost for this program is \$150.00

IRG Advanced Classes

The Sapphires are also offering an IRG Advanced class for ages 8 & up. These classes are specifically for gymnasts who have attended a minimum of two IRG sessions or who have prior experience in gymnastics or dance. These classes are 1.5 hours in length and run for 10 weeks.

The cost for this program is \$185.00



Dates and Locations:

Fall Session classes start in October 2025 and end the week of December 1, 2025. The Sapphires Winter Display is tentatively scheduled for Saturday December 6, 2025. The gymnasts will be showcasing the routines they have learned throughout the session. Parents, family and friends are invited to come watch!

Day:

Location:

Start Date:

Tuesday
Thursday

Luxton School
Laura Secord School

October 7, 2025 (TBC)
October 2, 2025 (TBC)

Class/Level	Ages	Day	Location	Times
IRG Group A	Ages 3-5	Tuesday	Luxton	6:00 – 6:55 pm
		Thursday	Laura Secord	
IRG Group B	Ages 6 and up	Tuesday	Luxton	7:00 – 8:00 pm
		Thursday	Laura Secord	
IRG Advanced	Ages 8 and up	Thursday	Laura Secord	6:30 – 8:00pm

How to Register:

- ♦ Visit our registration website:

[Registration Home Page :: Sapphires Rhythmic Gymnastics powered by Uplifter](#)

- ♦ Click on the Registration button for the selected class.
- ♦ Fall program registration opens in early September and runs until the second week of the session
- ♦ The Sapphires reserve the right to cancel or combine any classes that do not meet the minimum requirement of 5 gymnasts. Class locations and times are subject to change based upon the facility providers.