



About Rhythmic Gymnastics

Rhythmic Gymnastics offers a unique blend of movement, music and hand apparatus. The opportunities for movement are endless as children and coaches use their natural creativity to manipulate ropes, hoops, balls, clubs and ribbons in fun and spectacular ways. Rhythmic Gymnastics is a fully accredited sport affiliated with the South African Gymnastics Federation (SAGF) and gymnasts can compete at provincial and national levels. These classes are beneficial to children as they work on all the skills they need for correct and efficient physical development, including:

- Gross and fine motor skills
- Fitness, flexibility and hand-eye co-ordination
- Cartwheels, forward and backward rolls and so much more!!!!

About the Coach

Allison Beyers is an internationally qualified Rhythmic Gymnastics coach and judge affiliated with Gymnastics South Africa (GSA) and the International Gymnastics Federation (FIG). As a gymnast Allison represented South Africa at many international competitions at home and overseas. As a judge she has travelled the world judging at Continental and World Championships. Allison is also a GSA representative, heavily involved in coach's and judge's education.

2024 Information

Class Venue and times

- Classes are held at the Kiepersol Community Centre
41 De Hoewe Rd
Eldoraigne
- Beginner class times:
Monday and Wednesday from 14:30 – 15:30



2024 Fees and Registrations

- There is an Annual Club Registration fee of R300 to join Wierda Rhythmic
- Class fees are calculated per government school terms and can be paid once at the beginning of the school term or as instalments at the beginning of each month. Invoices are emailed at the beginning of every month. Fees are as follows:

Level	Hours per week	Yearly Fee	Term Fee	Monthly Instalment
Beginners and Novice	2 x 1 hours per week	R5760	R1440	R480

Attire and Apparatus

- Parents can purchase the required hand apparatus through Allison, the first piece of equipment needed will be a rhythmic gymnastics rope which can be purchased for R100
- For training, girls must wear tight fitting and comfortable clothes such as ski-pants and fitted shirts and have their hair tied back.
- Gymnasts must wear clean socks when they come to train. No dirty feet will be allowed on the training carpet!

**Bring your daughter to watch or try a class.
Ages 5 and up are welcome!!!!**