



**Fall  
Session  
Starts  
October  
2025**

## **We are excited to be offering fun, inclusive recreational rhythmic gymnastics programming for the 2025-2026 season!**

Introductory classes are offered in 3 sessions during the season, consisting of one hour-long class per week. Through learning fundamental movement patterns and core skills, participants will develop physical literacy and a joy for movement in a safe, welcoming and exciting environment!

**Wednesdays: Lansdowne School**

**Thursdays: Isaac Brock School**

**We offer 3 sessions:**

**Fall: October - December**

**Winter: January- April**

**Spring: May - June**

**QUESTIONS? CONTACT US:**



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**VISIT OUR WEBSITE:**

**sapphiresrhythmicgymnastics.com**

