



We are excited to be offering fun, inclusive recreational rhythmic gymnastics programming for the 2026-2027 season!

Starting at age 3, gymnasts in our recreational programs learn the basics of movement and gymnastics. These programs focus on developing fundamental movement patterns and apparatus handling skills, where participants will develop physical literacy and a joy for movement in a welcoming and exciting environment! Introductory classes are offered in 10 week sessions, consisting of one hour-long class per week.

We are offering four locations for Fall 2026:

MONDAYS - SALISBURY MP SCHOOL

WEDNESDAYS - LANSDOWNE SCHOOL

THURSDAYS - ISAAC BROCK SCHOOL

SUNDAYS - MAX BELL AT UNIVERSITY OF MB

REGISTRATION IS NOW OPEN - CLASSES START OCTOBER 5!

 **204-806-7637**

 **sapphiresRGC@gmail.com**

**Contact us today for
more information!**

www.sapphiresrhythmicgymnastics.com