



A new rhythmic gymnastics club in South West London!

JOIN US TODAY - CLASSES START MARCH '25



Designed for children with parents in mind

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Discover the magic of

RHYTHMIC GYMNASTICS

where movement meets artistry

- ◆ **Inclusive & welcoming** - Classes for boys and girls (5-14), from beginners to elite
- ◆ **Expert coaching** - Led by elite international coach
- ◆ **Convenient & family friendly** - Flexible class schedules at two easy locations
- ◆ **Supporting every child's journey** - Personalised progress tracking and expert parent guidance



SCAN OR CLICK HERE
TO SIGN-UP OR BOOK A
FREE TRIAL SESSION



Rhythmic gymnastics is a breathtaking Olympic sport that blends acrobatics, ballet and dance with skilful use of apparatus such as the ball, hoop, ribbon, clubs and rope. It enhances flexibility, coordination, strength and confidence - all while being incredibly fun!

 SCAN OR CLICK HERE TO WATCH IT IN ACTION!

OUR CLASSES

Our rhythmic gymnastics sessions combine fun, fitness and skill-building! Led by expert coaches, classes include warm-ups, flexibility training, apparatus techniques and strength development - keeping children active and engaged.

Recreational		1.5 hrs/week - in one session
Advanced		3-4 hrs/week - over two sessions
Competitive		6-7 hrs/week - over three sessions
Elite		Custom training plan

Affordable training from just £8/hr for competitive levels. Sibling discounts available. High quality apparatus provided for beginners.

OUR LOCATIONS



Our venues are conveniently located within a few minutes' walk of train stations and bus stops. We hope to soon offer minibus service covering Worcester Park, Wimbledon, Carshalton and Epsom.



Tuesdays | 4:30pm-6pm | 6pm-7:30pm

Worcester Park Baptist Church
2 The Avenue, Worcester Park
KT4 7EW



Thursdays | 6pm-7:30pm

Sundays | 11am-12:30pm | 12:30pm-2pm

Homefield Preparatory School
Western Road, Sutton
SM1 2TE



07525 283171

hello@rhythmiq.co.uk

www.rhythmiq.co.uk (Our website is launching soon! Stay tuned for updates.)

Join us and discover the beauty of rhythmic gymnastics - book a trial today!

We are fully insured and DBS checked. We follow industry standards in safeguarding and child protection.

For terms and conditions follow the QR code for registration.

We may need to change the times, dates or cancel trial or regular sessions.

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