



April 3, 1004
Kanata Rhythmic Sportive Gymnastics

For Immediate Release

SPRING GYMNAESTRADA

The Spring Gymnaestrada 2004 of the **Kanata Rhythmic Sportive Gymnastic Club (KRSKG)** was held on March 30 at the Sacred Heart High School. This yearly event gives the recreational gymnasts in the club the opportunity to stage their routines in a public performance that was well attended by parents, relatives and friends.

The focus of the KRSKG recreation program is to enable girls to participate in a disciplined but fun filled physical activity focused on increasing balance, flexibility and movement. Basic skills associated with the sport of Rhythmic Gymnastics are taught, including ball, rope, hoop and ribbon. This program increases the exposure of the community to our sport. The recreational program typically consists of weekly one-hour classes spread across three sessions fall, winter and spring. Ages range from 4 upward. Children who show an aptitude and interest for more advanced programs are invited to join the pre-competitive stream.

For more information on the club please visit our website at www.krsg.org.