



April 22, 2005
Kanata Rhythmic Sportive Gymnastics
For Immediate Release

The Kanata Rhythmic Sportive Gymnastics club's Spring Gymnaestrada was held April 21 at Sacred Heart Catholic School in Stittsville. Over 100 gymnasts ranging in age from 4 to 18 years old took part in this event. The Spring Gymnaestrada is the key performance event for the club's recreational gymnasts. Each class develops a fun routine to music that demonstrates some of the skills they have learned in the last year. The show was rounded out by performances from the competitive and Aesthetic Group gymnasts.

Recreational programs are 1 or 2 hours a week, grouped by age and skill, and is offered in several locations in Kanata. Gymnasts learn movement skills and Rhythmic Apparatus technique. Rhythmic Gymnastics apparatus includes balls, hoop, rope, ribbon and clubs. The hand and eye coordination demonstrated by the experienced gymnasts is truly amazing.

The KRSG club celebrated their 30th anniversary this year. There will be an Open House on June 18th from 10 am - 2 pm at Bridlewood Community School. There will be ongoing demonstrations and displays to showcase the club and its gymnasts. The club will be accepting early bird registrations for next fall.

For more information please view the web page <http://www.krsg.org/> or contact the head coach Dasa Lelli at 592 -5202