



April 6, 2006
Kanata Rhythmic Sportive Gymnastics
For Immediate Release

SPRING GYMNAESTRADA 2006

The Kanata Rhythmic Sportive Gymnastic club's Spring Gymnaestrada was held April 4 at Sacred Heart Catholic School in Stittsville. Over 110 gymnasts from Kanata and Stittsville, 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 that demonstrates the skills they have learned in the past year. The show was rounded out by performances from the Competitive and Aesthetic Group gymnasts.

Recreational programs are 1 or 2 hours each week. The girls are grouped by age and skill, and classes are offered at several locations in Kanata. The gymnasts learn basic body movement skills and rhythmic apparatus techniques. Rhythmic Gymnastics apparatus includes hoop, ball, rope, ribbon and clubs. The hand and eye coordination demonstrated by the experienced gymnasts is truly amazing.

The KRSG club celebrated their 31st anniversary this year. There will be an Open House on June 24, 2006 from 10 AM to 1 PM at Bridlewood Community Elementary School in Kanata. During the Open House, ongoing demonstrations and displays will showcase the club and its gymnasts. The club will also be accepting early bird registrations for next fall.

For more information, please visit the Club website at www.krsg.org or contact head coach Dasa Lelli at 613-592-5202