

CITIUS, ALTIUS, FORTIUS

RHYTHMIC GYMNASTICS

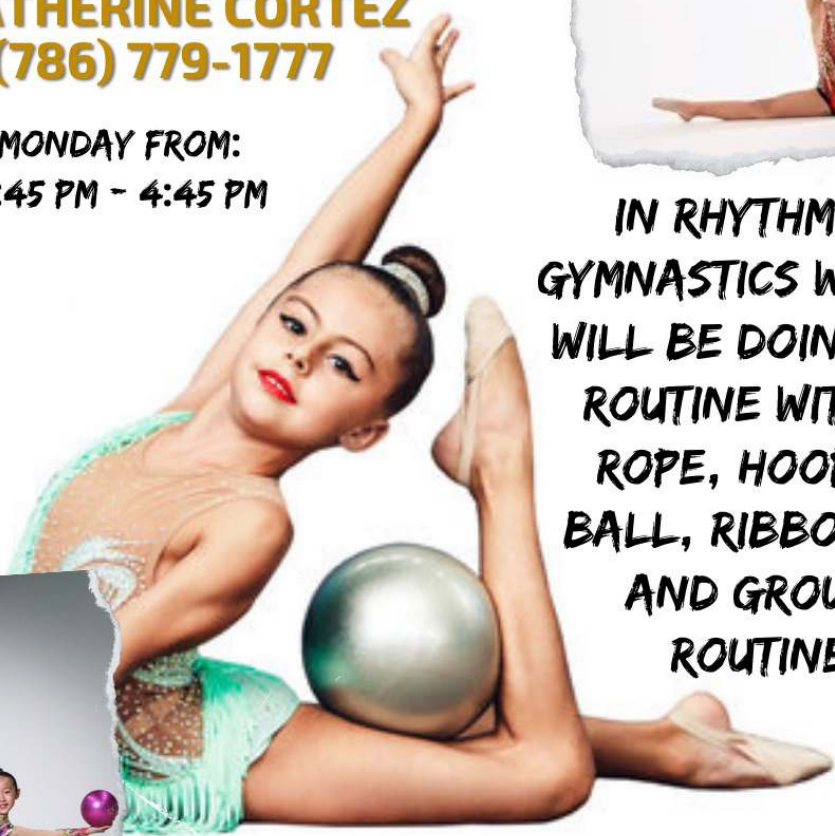


CORTEZ SPORTS
INTERNATIONAL

COACH:
CATHERINE CORTEZ
+1(786) 779-1777

MONDAY FROM:
3:45 PM - 4:45 PM

IN RHYTHMIC GYMNASTICS WE WILL BE DOING ROUTINE WITH ROPE, HOOP, BALL, RIBBON AND GROUP ROUTINES



AN HOUR OF RHYTHMIC GYMNASTICS, MINDFUL ACTIVITIES AND FUN GAMES WHO IS THIS CLASS FOR? GIRLS FROM KG TO 5TH GRADE WHY SHOULD YOUR KID TAKE THIS CLASS? IN THIS CLASS, GIRLS DEVELOP THEIR BODY AWARENESS, STRENGTH, BALANCE & FOCUS WHILE PLAYING FUN GAMES AND LEARNING RHYTHMIC GYMNASTICS. THEY ALSO DISCOVER MINDFULNESS TOOLS THAT HELP THEM COPE WITH STRESS AND GROW WITH A POSITIVE MINDSET.



cortezsports.international@gmail.com

2023 Winter Rhythmic Gymnastics Registration Form
January 9th-April 7th (No class during breaks and holidays and minimum day)

Student name:

DOB:

Grade:

Parent(s) / Guardian(s) name:

Phone: Email:

Rhythmic Gymnastics	\$300,00 1 Class per week
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- **ZELLE 7867791777**
- **Check payable: Catherine Cortez**
- **Vemon: @catherinecortez7777**

Forms must be returned with the complete payment.

Schedule: 1 single class per week for 1 hour .

Mondays 3:45 to 4:45 pm

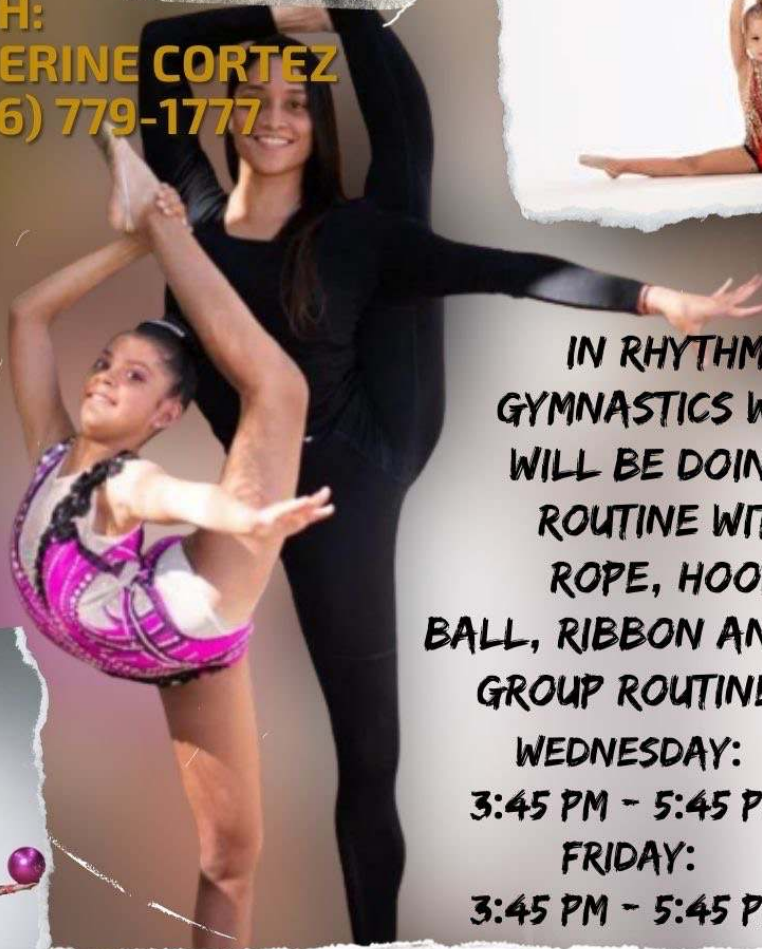
Parent / Guardian name: Signature :

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GYMNASTICS WE
WILL BE DOING
ROUTINE WITH
ROPE, HOOP,
BALL, RIBBON AND
GROUP ROUTINES

WEDNESDAY:

3:45 PM - 5:45 PM

FRIDAY:

3:45 PM - 5:45 PM



COMPETITIVE GYMNASTICS

RHYTHMIC XCEL PROGRAM .
PROVIDES A PROGRAM FOR ATHLETES SEEKING RECREATIONAL
EDUCATION OR COMPETITIVE DEVELOPMENT ADVANCING TO OTHER
LEVELS.



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2023 Competitive Rhythmic Gymnastics Registration Form January 9
-April 7th.

(No class during breaks and holidays)

Student name:

DOB:

Grade:

Parent(s) / Guardian(s) name:

Phone: Email:

Competitive Rhythmic Gymnastics	\$600,00 Trimester 3 Classes per week for 1 Hour.
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- **ZELLE 7867791777**
- **Check payable: Catherine Cortez**
- **Vemon: @catherinecortez7777**

Schedule : 3 Classes per week for 1 hour.

Monday 3:45 to 4:45 pm

Wednesday 3:45 to 4:45 pm

Friday 3:45 to 4:45 pm

Forms must be returned with the complete payment.

Parent / Guardian name: Signature