



sense
connecting sight, sound and life

Rythmic Gymnastics - Stockport

Location: Adswood Community Centre, 231 Garners Lane, Stockport, SK3 8Q

Time: 15:00 – 15:40

Dates: 10/01/2025 31/01/2025 21/02/2025 14/03/2025

Cost: Free

What is it?

Rhythmic Gymnastics is accessible to everyone using hand held apparatus such as Ball, Ribbon, Hoop and Rope.

You will improve your posture, coordination, balance, flexibility and build confidence.

We are hosting a pilot session where individuals will be able to work with ribbons, balls, hoops and ropes, learn some basic balancing, turns and movement in a fun friendly environment.



For more information or any questions please contact Jake Williams

Email: jake.williams@sense.org.uk