



# Rim of the World Recreation and Park District

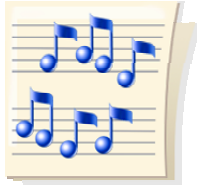
P.O. Box 8 - 26577 State Highway 18

Rimforest, California 92378

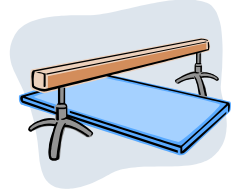
(909) 337-PARK

Fax: (909) 336-5239

[www.rim-rec.org](http://www.rim-rec.org)



## Beginning Gymnastics & Music and Movement



**Beginning Gymnastics** will teach you coordination & balance, improve gross motor skills & flexibility. You will learn the forward and backward roll, cartwheels and pre-walkovers. You will also be taught skills on the uneven parallel bars and the low balance beam. Classes will begin on Thursday, July 10, 2008. Class size is limited and pre-registration is required.

**Instructor:** Michelle Bryer

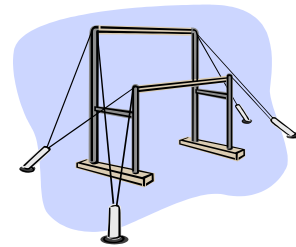
**Location:** District Office

**Day:** Thursday

**Time:** 10 - 11:00am

**Ages:** 4 to 8 years old

**Cost:** \$30.00 per month or \$10.00 per class



**Music and Movement** is for an adult & child. This class will bring music & dance appreciation to infants and pre-schoolers. Participants will enhance fine motor skills, coordination, communication and interaction with peers. Classes will begin Thursday, July 17, 2008. Class size is limited and pre-registration is required.



**Instructor:** Michelle Bryer

**Location:** District Office

**Day:** Thursday

**Time:** 9 - 10:00am

**Ages:** Infant to 4 years old

**Cost:** \$30.00 per month or \$10.00 per class

Michelle Bryer has worked as a head dance instructor and gym coach at a local dance & gym studio for 3 years. She has also coached for the AAU (Amateur Athletic Union) in Crestline for the past 2 years. Previously, Michelle has worked in various after-school programs in the Inland Empire for 10 years and has a Bachelor of Arts degree in marketing.

For more information, call the District Office at:  
(909) 337-7275