



VIVACE DANCE ACADEMY



RHYTHMIC GYMNASTICS

Rhythmic gymnastics ("RG") is a sport in which gymnasts perform on a carpet floor with an apparatus, Rope, Hoop, Ball, Clubs & Ribbon. The sport combines elements of gymnastics, dance and calisthenics. Gymnasts must be strong, flexible, agile, dexterous and coordinated. Rhythmic gymnastics is governed by the International Gymnastics Federation (FIG), which first recognized it as a sport in 1963. It became an Olympic sport in 1984, with an individual all-around event. At the international level, rhythmic gymnastics is a women-only sport.

The most prestigious competitions, besides the Olympic Games, are the World Championships, World Games, European Championships, European Games, the World Cup Series and the Grand Prix Series. Gymnasts are judged on their artistry, execution of skills, and difficulty of skills, for which they gain points. They perform leaps, balances, pivots, and flexibility movements, along with tossing, catching, rolling and otherwise manipulating the apparatus.

At Vivace, the RG program is based on the Grading Program by Malaysian Gymnastics Federation as well as the Code of Point by the International Federation of Gymnastics. It is an annual practice to conduct Vivace RG Grading & Competition for all our gymnasts. Gymnasts will be judged accordingly by panel of judges and thereafter awarded with medals and certificate.



RECREATIONAL PROGRAM

BABY GYMNASTS

- Suitable for aged 4-5 years old
- 1 hour per class
- No experience required
- Annual grading & competition

MINI GYMNASTS

- Suitable for aged 5-6 years old
- 1 hour 15 min per class
- No experience required
- Two (2) classes per week are required for preparation of Annual grading & competition

LITTLE GYMNASTS

- Suitable for aged 7 years old & above
- 2 hours per class
- No experience required
- Two (2) classes per week are required for preparation of Annual grading & competition



GRADE 1

- Suitable for aged 8 years old & above
- 3 hours per class· No experience required
- Two (2) classes per week are required for preparation of Annual grading & competition

GRADE 2-5

- Suitable for aged 8 years old & above
- 3 hours per class
- Two (2) classes per week are required for preparation of Annual grading & competition



COMPETITIVE PROGRAM

PRE-ELITE

- Pre -Elite Program is specifically designed for gymnasts who are newly selected to the competitive program, and also for gymnasts who are capable in the competitive program but not able to contribute required training hours. This program introduces the competitive environment in a more friendly setting. Gymnasts will learn to perform routines for adjudication in a real competition setting. Pre-Elite gymnasts will participate at different level competitions, with opportunities to participate in National and International Friendly Invitational events.
- At this level gymnasts also partake in ballet classes to improve the body posture, body technique & quality of their performances.
- By selection/audition
- 3 hours per class
- Minimum three (3) classes per week are required



COMPETITIVE PROGRAM

ELITE

- Elite Program is an advanced competitive program which require gymnasts to express dedication and a strong application towards the training and mastering of Rhythmic Gymnastics. Program emphasis on important qualities of routine performance, such as creativity, artistry and expression. Elite gymnasts will participate at different level competitions, with opportunities to participate in National and International Invitational events.
- At this level gymnasts also partake in ballet classes to improve the body posture, body technique & quality of their performances.
- By selection/audition
- 3 hours per class
- Minimum four (4) classes per week are required



GYMNAESTRADA/ GYM FOR LIFE CHALLENGE

The Gymnaestrada/Gym For Life Challenge is about Group Performances – some with hundreds or even thousands of participants. Adults and children of every age and description perform. The choreography is designed both to challenge the participants and to delight audiences. The entry of this class is by selection/audition. Training schedule by term basis.