

# RHYTHM GYM

FITNESS FOR MIND, BODY, AND SPIRIT RHYTHMGYM.ORG

## Program Overview

### IMAGINE

#### FOCUS: CREATIVE LEARNING

Group Size	4 to 20
Time	30 - 45 minutes
Number of Sessions	6 - 12 Weeks
Frequency	Weekly
Skill Level / Type	Basic / Drop in
Materials	Rhythm Gym Basic Kit
Requirements	30'x 30' room, PA system

#### Strategies include:

- guided movement
- individual, partner & group music making
- outcome-oriented developmental activities
- group drumming
- curriculum connections
- reflection and discussion

#### GOALS & BENEFITS

<p><b>Physical:</b> To develop balance, coordination, timing &amp; a variety of movement skills.</p> <ul style="list-style-type: none"> <li>• Increase awareness of self and others</li> <li>• Improve physical ability</li> <li>• Gross and fine motor skill development</li> <li>• Improve timing and accuracy</li> </ul>	<p><b>Personal:</b> To expand repertoire for self-expression through skill development and artful application.</p> <ul style="list-style-type: none"> <li>• Increase self-esteem</li> <li>• Improve musicality</li> <li>• Learn to initiate and develop ideas</li> <li>• Taking responsibility</li> <li>• Broader range of expression</li> </ul>	<p><b>Social:</b> To encourage social and life skills development.</p> <ul style="list-style-type: none"> <li>• Increase ability to articulate ideas</li> <li>• Develop group process skills and empathy</li> <li>• Increase focus and attention</li> </ul>
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**RHYTHM GYM**  
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[www.rhythmgym.org](http://www.rhythmgym.org)

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