



*Delsante All Abilities  
Rhythmic Gymnastics Club*

**All abilities and disabilities welcome:**

Incorporates the use of ribbon, rope,  
hoop and ball with body movements.

Excellent for improving balance,  
coordination, mobility and social skills in a friendly  
environment.

**Fully Accredited Coaches**

When: Sunday mornings

Where: Marion Leisure and Fitness  
Centre

For further information contact

Charmaine Mahar on 8346 8762 or 0404 992 120

email to [cmahar@optusnet.com.au](mailto:cmahar@optusnet.com.au)

Kay Sellers on 8325 0680 or 0418 807 545

**Affiliated with Gymnastics SA**