



INTERNATIONAL SPORTS CAMP  
FOR RHYTHMIC GYMNASTICS  
WITH TEAM PIROUETTE IN DUBAI

25-31 March  
**Intensive course**  
**In Dubai**

Training with  
Olympic  
champion

**Vera Biryukova**  
every day



**6 training  
hours** per day



**Dubai,**

45 4th St - Al Quoz - Al Quoz Industrial Area 3

 [pirouette\\_uae](https://www.instagram.com/pirouette_uae)

 [pirouette.ae](https://www.pirouette.ae)

**Dear friends!**

**We are pleased to invite everyone to participate in an open intensive rhythmic gymnastics course with Olympic champion**

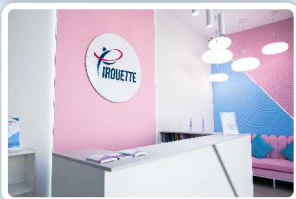
***Vera Biryukova***

**under the guidance of the international sports club Pirouette.**

**Our intensive course provides an opportunity to enhance the gymnast's level, work with an Olympic champion and receive personal recommendations for routine improvement.**

**The intensive course is an excellent opportunity for teams to combine training and relaxation by the sea.**

**The training camp will take place at the Pirouette Rhythmic Gymnastics Center in Dubai, equipped with everything necessary for an excellent training process.**



## INTENSIVE COURSE PROGRAM:

- ★ Apparatus training, studying new risks and apparatus difficulties;
- ★ Special physical training;
- ★ Warm-up with apparatus;
- ★ Practicing and improvement routines with **Vera Biryukova**;
- ★ Dance training;
- ★ Creating new routines;
- ★ Additional personal training sessions.

### TEAM:



During our training camps a large friendly team of coaches from the Pirouette rhythmic gymnastics club will be working with the girls. Additionally, at each training Olympic champion **Vera Biryukova** will be coaching the gymnasts.



**VERA  
BIRYUKOVA**

Honored Master of Sports  
in Rhythmic Gymnastics  
Olympic Champion

## TRAINING SCHEDULE:



**09:00 - 15:00**

training sessions will be the first half of the day

**15-minute break**

1-2 15-minute breaks depending on the age of the gymnasts will be during the training

## PARTICIPATION CONDITIONS AND BOOKING:

**Pre-registration is mandatory!**

Pre-registration	until 01.03.2024	with a 50% prepayment.
Final registration	until 15.03.2024	with the final payment.

**PLACES ARE LIMITED!**

# IMPORTANT INFORMATION ABOUT THE CAMP:

- ★ **Groups of no more than 8 people!** Individual approach to each gymnast.
- ★ Participation is open to gymnasts born in **2019 and older.**
- ★ The cost of participation in the intensive course for one gymnast is **2190 AED.**
- ★ **In case of withdrawal** from the camp without a valid reason (illness with a medical certificate), the camp fee is non-refundable. In case of providing a medical certificate, 50% of the camp fee can be transferred to any upcoming event of the Pirouette club.
- ★ **Special conditions apply for teams of 5 gymnasts or more from other countries.**

## REGISTRATION:

**+971 58 550 23 60 Yulia**  
**(English language/Russian language)**

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**+7 923 497 48 04 Yulia**  
**(Russian language)**

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**+967 081 96 23 Анастасия**  
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