

RHYTHMICS WEST

rgcalgary.ca

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September 2023

WELCOME TO RHYTHMICS WEST GYMNASTIC CLUB

Thank you for joining Rhythmics West Gymnastic Club. Operating since 1997, we are proud to part of the NW community in Calgary.

Coaches:

Heather, Shelley, Charlotte and Jessica



Body Suits

Each gymnast needs a **black tank style bodysuit or similar**. The bodysuit is used as a base layer for the Spring Show costume piece. We have some available for purchase. **Costume pieces (usually a skirt and hair accessory) are included in the registration fee and are given out in February.**

Performance Team

We are looking for more dancers, acro or rhythmic gymnasts to join our Performance Team. Ages 11 and up. Trial classes offered. Contact Coach Heather at h.palmer@shaw.ca for more information and to arrange a trial class.

What to Wear: Please see the detailed descriptions of what to wear on the website. Most important: hair must be secured away from face for safety. Bare feet or rhythmic toes slippers are preferred. No socks - too slippery!

IMPORTANT DATES

First Class - September 6
Last Class of 2023 - December 6
First Class of 2024 - January 10
Spring Show Date TBA



Toe slippers are available from your child's coach for \$20. Sizes are limited.

Before class...

Please use the washroom and secure hair away from face.

Hydrating

Bring a water bottle with your name on it!

Water only please.

Please remove wet shoes/boots and leave them on the mats by the front door.