

RHYTHMICS WEST

rgcalgary.ca

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RHYTHMICS WEST GYMNASTIC CLUB

SPRING SHOW

Our Spring Show is on
Sunday March 10 at 2 PM.
William Aberhart High School.
3009 Morley Trail NW

ADMISSION \$5 PER ADULT
(CASH ONLY)

Kids and Youth under 18 FREE
Doors Open at 1:30

Gymnasts!
please arrive at 1:30

Body Suits and Costumes

Reminder!!! Every gymnast needs a black body suit to wear as part of their spring show costume. You can purchase online or at your local dance shop. A tank style body suit is preferred however body suits with cap sleeves are acceptable. Costume pieces and hair accessories will be distributed near the end of February.

This is the preferred hair style for the show for those with long hair. The hair bow should be clipped at the base of the bun. Scrunchies go around the bun. Shorter hair - please secure away from face.



IMPORTANT DATES

First Class - January 10
Spring Show March 10
Last Class - March 13

What to Wear

For safety reasons we require that gymnasts conform to the dress code in the gym. We are seeing baggy sweaters and pants that drag on the floor. Loose clothing interferes with movement especially when gymnasts are performing upside down skills. Thank you to those gymnasts who arrive ready to go each class - well done!



Before class...

Please use the washroom. Tie **hair** away from face!! This is for safety reasons! Loose hair is easily caught or pulled during skills.

Please see "what to wear" on our website at www.rgCalgary.ca

March 10 is Daylight savings time so remember to set your clocks accordingly and Spring Ahead. We don't want you to miss the Spring Show!