

Rhythmics *West* Gymnastic Club Programs 2009/2010

Day	Location	Programs	Ages	Time	Payment Options	
					Total/Yr	7 payments
Mon.	Hidden Valley Elementary 10959 Hidden Valley Dr. N.W	Prism I	5 - 7 yrs	6:00 – 7:00	*\$245	\$35
		Prism II	8 & up	6:00 – 7:00	*\$245	\$35
		Sr. Show Group	By invitation	7:00 – 8:30	\$294	\$42
Tues.	Dalhousie Com. Center 5432 Dalhart Rd. NW	Introductory	3 - 4 yrs	4:00 – 4:30	*\$175	\$25
		Prism I	5 – 7 yrs	4:30 – 5:30	*\$245	\$35
		Prism II	8 & up	4:30 – 5:30	*\$245	\$35
Wed.	Edgemont Com. Center 33 Edgevalley Circle NW	Introductory	3 - 4 yrs	4:30 – 5:00	*\$175	\$25
		Prism I	5 - 7 yrs	5:00 – 6:00	*\$245	\$35
		Prism II	8 & up	5:00 – 6:00	*\$245	\$35

* Fee **includes** spring show costume piece.

Our Programs:

INTRODUCTORY: Children will explore movement and music in a fun and lively manner. All the apparatus (ribbon, ball, scarf, rope, hoop) will be introduced through exploration. Basic body technique will be introduced.

PRISM PROGRAM: In the PRISM National Skill Development Program gymnasts will earn one of 7 colored pins based on the skills they complete in this program. Gymnasts will also work on final routines for the spring show held each year at the end of the term.

SHOW GROUP: is by invitation for those with 4 + years experience in Rhythmic Gymnastics/dance.

General Information

- Classes are once per week, for 21 weeks, beginning week of September 14. **Please note: Some gyms are unavailable during holidays and other occasions and class has to be cancelled. Classes may run into the month of April to complete the full 21 class program. Some classes end mid-March.**
- The minimum class size is 6. Second coach added if class size is over 12.
- Registrations are accepted in the order that they are received. You will only be called if the class you desire is full.
- There are no fund raising obligations although we may offer *optional*/fund raising projects.
- Show group participants will be required to purchase performance wear/equipment: approx. cost \$100 - 150. **Costuming for PRISM /introductory program for year-end show is included in registration (not including black body suit or shorts).**
- Participants must wear gym attire: black tank body suit/black shorts (available for purchase first month of classes). Hair must be tied back away from face. Bare feet or gymnastic slippers. No jewelry except for small stud earrings.

Please forward registration form and cheque(s) to: Rhythmics West

c/o Heather Palmer

5456 Dalrymple Cr. NW

Calgary, AB T3A 1R3

www.rgCalgary.ca

H.Palmer@shaw.ca or Heather at 288-7435

Rhythmics West Gymnastic Club - 2009/10 Registration Form

Gymnast's Name _____

Date of Birth: M _____ D _____ Y _____

Age as of Sept. 2009 _____
Grade as of Sept. 2009 _____

Parent's Names _____

Address _____

Postal Code _____

Phone _____ Cell _____

If parents are unavailable please contact: _____

Phone _____

Class Desired: _____

Time _____ Day _____

Waiver Form: In consideration of your acceptance of my child's registration, I state that I will not hold responsible Rhythmics West Gymnastic Club or any of its' volunteers or coaches for any personal injuries, or property loss, or damage suffered by my child while involved with Rhythmics West activities.

Parent/Guardian Signature

Date

Please make cheque(s) payable to: **Rhythmics West Gymnastic Club**

Full Payment Enclosed (cheque may be postdated to Sept. 1, 2009)

7 payments dated for the first of each month

- Sept., Oct., Nov., Dec. 2009 Jan., Feb., & March. 2010

Please note: the post date payment plan is the total fee divided over 7 payments.

If you would like email reminders (i.e. first day of class etc.) provide your email address.

We are members of
Rhythmic Gymnastics Alberta
www.rgalberta.com

Office use only:

paid in full post dated