

# Rhythmics *West* Gymnastic Club Programs 2011/2012

Day	Location	Programs	Ages	Time	Fund Raising Entertainment Books (1)	Payment Options	
						Total/Yr	7 payments
Mon.	Hidden Valley Elementary 10959 Hidden Valley Dr. N.W	Prism I	4 - 6 yrs	6:00 – 7:00	\$40	*\$245	\$35
		Prism II	7 - 11	6:00 – 7:00	\$40	*\$245	\$35
		Jr. Show	12 and up	7:00 – 8:30	\$40	*\$294	\$42
		Sr. Show	By invitation	7:00 – 8:30	\$40	\$294	\$42
Tues.	Dalhousie Com. Center 5432 Dalhart Rd. NW	Prism I	4 – 6 yrs	4:30 – 5:30	\$40	*\$245	\$35
		Prism II	7 & up	4:30 – 5:30	\$40	*\$245	\$35
Wed.	Edgemont Com. Center 33 Edgevalley Circle NW	Prism I	4 - 6 yrs	5:00 – 6:00	\$40	*\$245	\$35
		Prism II	7 & up	5:00 – 6:00	\$40	*\$245	\$35

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

## Our Programs:

**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.

**JUNIOR SHOW GROUP:** Is open to gymnasts' ages 12 years and older. All experience levels.

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

## General Information

**Fund Raising** – each family is required to purchase 1 Entertainment book for a cost of \$40. You may sell the book to recover your cost or keep the book for your use. The \$40 cheque is due with registration. Books will be available for pick up in mid-September. Proceeds from this fund raising event go towards the participation in World Gymnastrada in Finland 2015.

Classes are once per week, for **21** weeks, beginning week of September 12. **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. A second coach is added if class size is over 12.
- Registrations are accepted in the order that they are received. Confirmation will be through email. Your registration is not considered complete until all cheques have been received.
- Most programs fill by the end of August so please register early to avoid disappointment.
- Senior Show group participants will be required to purchase performance wear/equipment: approx. cost \$150.
- Participants must wear gym attire: black tank body suit/black shorts (available for purchase first month of classes) or supply your own. Hair must be tied back away from face. Bare feet or gymnastic slippers are best. No jewelry except for small stud earrings.
- **Year-end show costuming (usually a skirt) for Prism, and Juniors is included in registration.**

**Please note: our office will be closed July 18 – August 18<sup>th</sup>**

Please forward registration form and cheque(s) to: Rhythmics West  
c/o Heather Palmer

[www.rgcalgary.ca](http://www.rgcalgary.ca)

[H.Palmer@shaw.ca](mailto:H.Palmer@shaw.ca) or Heather at 403 288-7435

5456 Dalrymple Cr. NW  
Calgary, AB T3A 1R3

# Rhythmics **West** Gymnastic Club - 2011/12 Registration Form

Gymnast's Name \_\_\_\_\_

Date of Birth: M \_\_\_\_\_ D \_\_\_\_\_ Y \_\_\_\_\_

Age as of Sept. 2011 \_\_\_\_\_  
Grade as of Sept. 2011 \_\_\_\_\_

**Location:**    Hidden Valley (Mondays)    Dalhousie (Tuesdays)    Edgemont (Wednesdays)

**Program Name** \_\_\_\_\_ **Time** \_\_\_\_\_

Parent's Names \_\_\_\_\_

Address \_\_\_\_\_

Postal Code \_\_\_\_\_ Email \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_

Alternative Contact if parents unavailable: \_\_\_\_\_ Phone \_\_\_\_\_

**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

**Health information:** Please supply information regarding any health conditions, physical limitations or prior injuries that coaches need to be made aware of. If none, please write N/A (not applicable).

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

- Fund Raising cheque for \$40 enclosed for 1 Entertainment Coupon book.
- Full Payment Enclosed (cheque may be postdated to Sept. 1, 2011)
- 7 payments dated for the first of each month  
- Sept., Oct., Nov., Dec. 2011   Jan., Feb., & March. 2012

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

We are members of  
Rhythmic Gymnastics Alberta  
[www.rgalberta.com](http://www.rgalberta.com) and  
Gymnastics Canada Gymnastique

Office use only:		Fundraising Cheque \$40
<input type="checkbox"/> paid in full	<input type="checkbox"/> post dated	<input type="checkbox"/> received
_____	_____	_____