



# RECREATIONAL PROGRAM 2011-2012

## What is Rhythmic Gymnastics?

Rhythmic Gymnastics is a beautiful and challenging sport that combines elements of gymnastics with many styles of dance. It incorporates the use of the five hand held apparatus: Rope, Ball, Hoop, Ribbon, and Clubs, with various movements to music.

## Introduction to Rhythmic Gymnastics

Introduction to Rhythmic Gymnastics (IRG) is a program for beginners as well as those who have participated in the sport recreationally. During the 10 week session, gymnasts will have the opportunity to develop skills with various types of apparatus: scarves, rope, ball, hoop, and ribbon, while working through the Prism Program. Basic jumps, leaps, pivots and balances will be taught. At the end of the session, gymnasts will be awarded each level achieved through the Prism Program. The cost for this program is \$120.00.

Throughout the program, gymnasts will learn a proper warm-up, develop hand-eye coordination as well as flexibility in a fun, safe, encouraging atmosphere!

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## IRG Advanced Classes

The Sapphires are also offering an IRG Advanced class for ages 7 & up and Pre Competitive for ages 5 & up. These classes are specifically for gymnasts who have attended a minimum of two 10-week sessions (1 year of classes) and who achieved a minimum of the Rainbow, Red, and Orange PRISM levels. These classes are 1.5 or 2 hours in length and run for 10 weeks. The cost for this program is \$145.00 or \$170.00.

Please see the schedule on page 3 for class days, times and locations.

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## Bodysuits:

While not mandatory, it is strongly recommended that all gymnasts wear a bodysuit. We suggest a tank bodysuit (any color is fine) that fits snugly to the gymnast's body. Monkey Business has a wide selection of bodysuits already available for purchase. Please ensure the gymnast tries the suit on before buying it. If you choose not to purchase a bodysuit, tight shorts and a t-shirt are the alternative. If you have any further questions regarding bodysuits, please direct them to your gymnast's coach.

Monkey Business (204) 772-8134      1420 Erin Street

# DATES & LOCATIONS

## Fall Session:

Runs from the week of September 26<sup>th</sup> through the week of December 5<sup>th</sup>, 2011. Gymnasts will be invited to perform at the Sapphires Winter Display, which is tentatively scheduled for Saturday, December 10<sup>th</sup>, 2011.

<u>Day:</u>	<u>Location:</u>	<u>Start Date:</u>
Monday*	Montrose School (691 Montrose)	September 26 <sup>th</sup>
Tuesday	Linwood School (266 Linwood)	October 4 <sup>th</sup>
Wednesday	Inkster School (633 Inkster)	October 5 <sup>th</sup>
Thursday	Lansdowne School (715 Wiginton)	October 6 <sup>th</sup>

\*NOTE: Monday night classes will be cancelled on Monday, October 10<sup>th</sup> (Thanksgiving holiday) and Monday, October 31<sup>st</sup> (Halloween). A Make-up class will take place on Monday, December 12<sup>th</sup>.

## Winter Session:

Runs from the week of January 30<sup>th</sup> through the week of April 9<sup>th</sup>, 2012. Gymnasts will be invited to perform at the Sapphires Year End Show, which is tentatively scheduled for Saturday, April 14<sup>th</sup>, 2012.

<u>Day:</u>	<u>Location:</u>	<u>Start Date:</u>
Monday*	Montrose School (691 Montrose)	January 30 <sup>th</sup>
Tuesday	Linwood School (266 Linwood)	January 31 <sup>st</sup>
Wednesday	Inkster School (633 Inkster)	February 1 <sup>st</sup>
Thursday	Lansdowne School (715 Wiginton)	February 2 <sup>nd</sup>

\*NOTE: Monday night classes will be cancelled on Monday, February 20<sup>th</sup> (Louis Riel Day). A make-up class will take place on Monday, April 16<sup>th</sup>.

NOTE: There will be no classes during the week of Spring Break (March 26<sup>th</sup> – March 30<sup>th</sup>).

## Spring Session:

We will also be offering a shorter 8-week Spring Session in the 2011-2012 season. This session is tentatively scheduled to run from the week of April 23<sup>rd</sup> through the week of June 11<sup>th</sup>, 2012. During the last class of the program, family and friends are invited to come and watch the gymnasts showcase what they have learned over the last 8 weeks. The cost of the 8-week session is \$90.00.

Class days and locations for the Spring Session will be available in March 2012.

## Class Cancellations:

If a facility cancellation occurs, gymnasts will be notified as quickly as possible. Cancelled classes will be re-scheduled for the week following the end of the program.

Fall Session: the week of December 12<sup>th</sup>

Winter Session: the week of April 16<sup>th</sup>

Spring Session: the week of June 18<sup>th</sup>

Register before August 31<sup>st</sup>  
and receive a \$10.00 Early  
Registration Discount!!!

## Sapphires Rhythmic Gymnastics Club Class Schedule:

### Fall and Winter Sessions:

Class/Level	Ages	Day	Location	Times	Fee
IRG - Group A	4-6 yr olds	Monday	Montrose School	6:00pm - 7:00pm	\$120
IRG - Group B	Ages 7 & up	Monday	Montrose School	7:00pm - 8:00pm	\$120
IRG Advanced	Ages 7 & up	Monday	Montrose School	7:00pm - 8:30pm	\$145
IRG - Group A	4-6 yr olds	Tuesday	Linwood School	6:00pm - 7:00pm	\$120
IRG - Group B	Ages 7 & up	Tuesday	Linwood School	7:00pm - 8:00pm	\$120
IRG Advanced	Ages 7 & up	Tuesday	Linwood School	7:00 - 8:30 pm	\$145
IRG - Group A	4-6 yr olds	Wednesday	Inkster School	6:00 - 7:00 pm	\$120
IRG - Group B	Ages 7 & up	Wednesday	Inkster School	7:00 - 8:00 pm	\$120
IRG Advanced	Ages 7 & up	Wednesday	Inkster School	7:00pm - 8:30pm	\$145
Pre Competitive	Ages 5 & up	Thursday	Lansdowne School	5:30pm - 7:30pm	\$170

### PAYMENT:

#### IRG CLASS

A payment of \$120.00 is required at the time of registration.

#### IRG ADVANCED CLASSES

A payment of \$145.00 (Advanced Class) or \$170.00 (Pre Comp Class) is required at the time of registration.

Please make cheques payable to Sapphires.  
Payment and registration forms must be submitted before  
your child will be allowed to participate in the class.

**Mail your completed registration form and payment to:**

Sapphires c/o Carly Isaak  
116 Larchdale Cres.  
Winnipeg, MB R2K 0C1

Please direct any questions/inquiries to Carly Isaak at **918-5906**

**VISIT OUR WEBSITE: [www.sapphiresgymclub.ca](http://www.sapphiresgymclub.ca)**

# Sapphires Rhythmic Gymnastic Club

## IRG Registration Form A

### Gymnast Information:

Gymnast Name:

Address:

City, Province:

Postal Code:

Home Phone:

Birthday:  (YYYY/MM/DD)

9 digit health #

6 digit reg #

### Parent/Guardian 1:

Name:

Address:

City, Province:

Postal Code:

Home Phone:

Work Phone:

Cell Phone:

E-mail:

### Emergency Contact Information:

Name:

Home Phone:

Work Phone:

Cell Phone:

E-mail:

Relationship  
to gymnast:

### Parent/Guardian 2:

Name:

Address:

City, Province:

Postal Code:

Home Phone:

Work Phone:

Cell Phone:

E-mail:

Please indicate any medical conditions, injuries or allergies:

### Prism Level(s) Achieved (returning gymnasts only)

Rainbow

Red

Orange

Yellow

Green

Blue

Violet

### Sapphires Rhythmic Gymnastics Club Waiver

I, the parent/guardian of  know that participation in any sport is a potentially hazardous activity. I realize that he/she should not participate unless he/she is medically able and properly trained. I assume all risks associated with his/her participation. Having read this waiver and knowing these facts and in consideration of your accepting my child's application to participate, I waive and release the Sapphires Rhythmic Gymnastics Club, Rhythmic Gymnastics Manitoba (RGM), all sponsors, affiliated Clubs, event organizers, and officers and members thereof from all claims or liabilities of any kind arising out of his/her participation.

Signature:

Date:

# Sapphires Rhythmic Gymnastics Club

## IRG Registration Form B

CLASSES			Registration Fee	Fee With Discount
MONTROSE SCHOOL	IRG - A (4 - 6yr olds)	Monday 6:00 - 7:00 <input type="checkbox"/>	\$120.00	\$110.00
	IRG - B (7 & up)	Monday 7:00 - 8:00 <input type="checkbox"/>		
LINWOOD SCHOOL	IRG - A (4 - 6yr olds)	Tuesday 6:00 - 7:00 <input type="checkbox"/>	\$120.00	\$110.00
	IRG - B (7 & up)	Tuesday 7:00 - 8:00 <input type="checkbox"/>		
INKSTER SCHOOL	IRG - A (4 - 6yr olds)	Wednesday 6:00 - 7:00 <input type="checkbox"/>	\$120.00	\$110.00
	IRG - B (7 & up)	Wednesday 7:00 - 8:00 <input type="checkbox"/>		

### IRG ADVANCED CLASSES

MONTROSE SCHOOL	IRG Advanced (Ages 7 & up)	Monday 7:00 - 8:30 <input type="checkbox"/>	\$145.00	\$135.00
LINWOOD SCHOOL	IRG Advanced (Ages 7 & up)	Tuesday 7:00 - 8:30 <input type="checkbox"/>	\$145.00	\$135.00
INKSTER SCHOOL	IRG Advanced (Ages 7 & up)	Wednesday 7:00 - 8:30 <input type="checkbox"/>	\$145.00	\$135.00
LANSDOWNE SCHOOL	Pre Competitive (Ages 5 & up)	Thursday 5:30 - 7:30 <input type="checkbox"/>	\$170.00	\$160.00

\*NOTE: IRG Advanced classes are only for gymnasts who have attended a minimum of two 10-week sessions, and who have attained the Rainbow, Red, and Orange PRISM levels.

**To receive the EARLY REGISTRATION DISCOUNT you must register by AUGUST 31st**

Type of Payment

Cash

Cheque

YOU MUST SUBMIT A REGISTRATION FORM AND PAYMENT IN ORDER TO BE REGISTERED IN THE PROGRAM.  
REGISTRATIONS WILL NOT BE ACCEPTED WITHOUT PAYMENT.