



## Rhythmic Gymnastics Manitoba Inc.

### Introduction to Rhythmic Gymnastics

### After School Program Information – Winter 2011

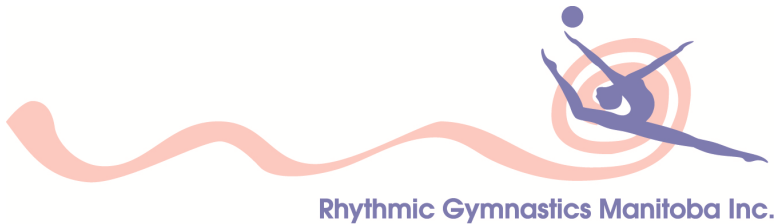
#### **WHAT IS RHYTHMIC GYMNASTICS?**

Rhythmic Gymnastics is a beautiful and challenging sport that combines elements of gymnastics with many styles of dance, often incorporating the use of hand held apparatus. It is an Olympic sport with world-wide participation from recreational to highly competitive levels.

During the week of \_\_\_\_\_ a certified Rhythmic Coach will conduct workshops during regular Physical Education classes, introducing \_\_\_\_\_ students to the sport.

The after-school program will be offered for those students in Grades 1 and 2 who wish to learn even more about this fun and challenging sport.

- **ABOUT THE PROGRAM BEING OFFERED:** Children will be learning fundamentals of rhythmic gymnastics working through the PRISM program, which is specially designed to introduce the sport of Rhythmic Gymnastics to beginners as well as those who have previous gymnastics experience. During the 8-week session, gymnasts will increase their agility, coordination, strength, balance and flexibility. Gymnasts will be taught basic jumps, pivots, leaps and balances while developing their skills with various apparatus (balls, ropes, hoops, ribbons, scarves etc.). At the conclusion of the program, participants will receive a pin/ribbon indicating the skill level that they have achieved.
- **DATES:** The program will run for 8 weeks:
  - Session 1 - starting the week of January 31<sup>st</sup> ending the week of March 21<sup>st</sup>
  - Session 2 – starting the week of April 18<sup>th</sup> ending the week of June 6<sup>th</sup>
- **TIME:** The program will be offered right after school, from 3:45pm to 4:45pm. Parents or guardians will be responsible for their children after the 4:45 dismissal.
- **LOCATION:** The classes will be held in \_\_\_\_\_ School Gymnasium.
- **EQUIPMENT:** It is recommended that participants wear a body-suit or snug-fitting athletic shorts and tank top. Gymnasts are to train in bare feet. All other equipment will be supplied.
- **REGISTRATION:** Please fill out and return the attached registration form to the School as soon as possible. Class size is limited. Registration deadline is: \_\_\_\_\_. (If an insufficient number of students register, the program may be cancelled and full refunds will be given) Any questions may be directed to the RGM After-School Program Coordinator at [cloutis@mts.net](mailto:cloutis@mts.net).
- **COST:** The cost of the 8 week session is \$45.00 per child. This program is also eligible for the Children's Fitness Tax Credit – a receipt will be mailed to you. Please make cheques payable to Rhythmic Gymnastics Manitoba.



**8 Week Program Registration Form**  
**Fall 2010 \_\_\_\_\_ School**

Name of Gymnast: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Birthrate: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Relationship: \_\_\_\_\_

MB Medical #'s: \_\_\_\_\_

Medical information the coach should be aware of: \_\_\_\_\_

Registration Fee: \$45.00 \_\_\_\_\_ Enclosed

Please make cheques payable to: Rhythmic Gymnastics Manitoba

*Rhythmic Gymnastics Manitoba 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 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: \_\_\_\_\_