



October 6, 2010

Dear Sir.Madam,

I am writing to you on behalf of Rhythmic Gymnastics Manitoba with an exciting opportunity to offer rhythmic gymnastics program to your students. Rhythmic gymnastics is one of gymnastics disciplines that develop physical literacy combining fundamental movement patterns with use of small hand apparatus i.e. Rope, Ball, Hoop, Ribbon, Clubs, Scarves, etc. The benefits of rhythmic gymnastics are immeasurable! Participants develop flexibility, strength, endurance, hand-eye coordination, and creativity in fun environment. Many participants in gymnastics programs go on to play other sports with ease as gymnastics has given them skills transferable to many sports.

We would like to offer your Grade 1 to 4 students the opportunity to sample rhythmic gymnastics by participating in a workshop with one of our certified coaches. We are aiming our program at students 6-10 years of age, and would be interested in spending a half day at your school providing an introduction to rhythmic gymnastics for your students at no cost to you, starting as early as November 2010. In the past, we have provided instruction in place of regularly scheduled Phys-Ed classes, but are willing to discuss options that would work for you. While rhythmic gymnastics may be known primarily as a female-only sport in its competitive format, we have done workshops with female and male students in the past and find most male students intrigued by the apparatus, and quite challenged and willing to participate.

In follow up to the workshop, we would be interested in setting up an after school program for your students at subsidized cost. The program would run for 8 weeks and would be offered once weekly for an hour right after school. Please see the attached document explaining the after school program in more detail.

If the school is interested in setting up a workshop for your students the Workshop Request Form has been enclosed. Completed form should be faxed to the RGM office at your earliest convenience. Our capacity is to offer only 8 workshops this season and we will be taking requests on first come bases. Please feel free to contact me to discuss this opportunity.

Thank you,

Zlatica Stauder/ Executive Director
Rhythmic Gymnastics Manitoba