



Rhythmic Gymnastics Manitoba Inc.

## After School Program Information

We would like to offer your students the opportunity to participate in an after school rhythmic gymnastics class in partnership with Rhythmic Gymnastics Manitoba.



- **DATES:** We are looking at offering the programs as follows:
  - 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>In school workshops starting as early as end of this October.
- **TIME:** The program would be offered right after school. Times that work best are usually 3:45pm-4:45pm or 4:00pm-5:00pm.
- **LOCATION:** We require the use of a large open space with reasonable ceiling height. School gymnasiums are preferred, some multi-purpose rooms are sufficient. In order to keep the cost of the program affordable to your students, we are hoping to use a facility in your school for this program free of charge covering the cost of the permit.
- **EQUIPMENT:** We will be responsible for bringing in all equipment and apparatus needed for our program. If available, we request the use of gym mats from the school.
- **REGISTRATION:** Rhythmic Gymnastics Manitoba will be responsible for organizing and accepting registrations for the program. We ask that the school provide one person as a liaison for communication between Rhythmic Gymnastics Manitoba and the school.
- **COST:** The cost of one 8 week session will be \$45.00 per student. This program is also eligible for the Children's Fitness Tax Credit.
- **ABOUT THE PROGRAM:** During the program, students will be working through the PRISM program. The Prism Program is a fundamental rhythmic gymnastics skill development program that is aimed at grassroots level. The program is divided into 7 different levels from beginner to advanced: Rainbow, Red, Orange, Yellow, Green, Blue and Violet. Each color level has from 23 - 44 skills. Gymnasts progress through the levels and earn a colored pin when they can successfully perform at least 90% of the skills in that level. As the levels are earned, gymnasts can place the pin on their pin keeper ribbon. Prism Certificates are given to athletes at the end of each

8 week session. Gymnasts work at their own pace towards achieving the next level and they will not necessarily complete one level each session. The levels become increasingly difficult therefore it may take two or three sessions before an athlete completes some of the higher levels.

As an added incentive to implement our program in your school, following the conclusion of the program, we will provide the school with a copy of the manual used to teach the PRISM Program.