



RECREATIONAL PROGRAM 2017-2018

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 \$140.00.

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

IRG Advanced Classes

The Sapphires are also offering an IRG Advanced class for ages 7 & up. These classes are specifically for gymnasts who have attended a minimum of two IRG sessions, and who have achieved a minimum of the Rainbow, Red, and Orange PRISM levels. These classes are 1.5 hours in length and run for 10 weeks. The cost for this program is \$165.00.

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

What is the Prism Program?

The **PRISM** Program is a skill development program and includes seven levels: Rainbow, Red, Orange, Yellow, Green, Blue and Violet. Basic locomotion, tumbling, jumps, leaps, pivots, flexions and balance movements will be taught in addition to working with the hand-held apparatus. At the end of the session, gymnasts will be awarded with the level they achieved through the **PRISM** Program.

DATES & LOCATIONS

IRG Fall Session:

Runs from the week of September 25th through the week of November 27th 2017. Gymnasts will be invited to perform at the Sapphires Winter Show, which is tentatively scheduled for Saturday, December 2nd, 2017.

<u>Day:</u>	<u>Location:</u>	<u>Start Date:</u>
Monday*	Montrose School (691 Montrose)	September 25 th
Monday*	Lansdowne School (715 Wiginton)	September 25 th
Wednesday**	Inkster School (633 Inkster)	September 27 th
Thursday	Isaac Brock School (1265 Barratt)	September 28 th

***NOTE:** Monday night classes will be cancelled on October 9th (Thanksgiving Day). A make-up class will take place the week following the Display.

IRG Winter Session:

Runs from the week of January 29th through the week of April 9th, 2018. Gymnasts will be invited to perform at the Sapphires Year End Show, which is tentatively scheduled for Saturday, April 14th, 2018.

<u>Day:</u>	<u>Location:</u>	<u>Start Date:</u>
Monday*	Montrose School (691 Montrose)	January 29 th
Monday*	Lansdowne School (715 Wiginton)	January 29 th
Wednesday**	Inkster School (633 Inkster)	January 31 st
Thursday	Isaac Brock School (1265 Barratt)	February 1 st

***NOTE:** Monday night classes will be cancelled on February 19th (Louis Riel Day). There will be a make-up class on Monday, April 16th, 2018.

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

IRG Spring Session:

We will be offering a shorter 5-week Spring Session in the 2017-2018 season. 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 5 weeks.

Class days and locations for the Spring Session will be available in March 2018.

Looking for more of a commitment? Check out our full year Recreational Performance Group! Information can be found on our website as well as via email!

Class Cancellations:

In the event of a facility cancellation, 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: Week of December 4th, 2017

Winter Session: Week of April 15th, 2018

Register by **September 15th** and
receive a \$10.00 Early
Registration Discount!!!

**Sapphires Rhythmic Gymnastics Club
Class Schedule:**

Fall Session:

Class/Level	Ages	Day	Location	Times	Fee
IRG - Group A	4-6 yr olds	Monday	Montrose School	6:00-6:55pm	\$140
IRG - Group B	Ages 7 & up	Monday	Montrose School	7:00 - 8:00pm	\$140
IRG Advanced	Ages 7 & up	Monday	Montrose School	7:00 - 8:30pm	\$165
IRG - Group A	4-6 yr olds	Monday	Lansdowne School	6:00-6:55pm	\$140
IRG - Group B	Ages 7 & up	Monday	Lansdowne School	7:00 - 8:00pm	\$140
IRG Advanced	Ages 7 & up	Monday	Lansdowne School	7:00 - 8:30pm	\$165
IRG - Group A	4-6 yr olds	Wednesday	Inkster School	6:00- 6:55pm	\$140
IRG - Group B	Ages 7 & up	Wednesday	Inkster School	7:00 - 8:00pm	\$140
IRG Advanced	Ages 7 & up	Wednesday	Inkster School	7:00 - 8:30pm	\$165
IRG - Group A	4-6 yr olds	Thursday	Isaac Brock School	6:30 - 7:25pm	\$140
IRG - Group B	Ages 7 & up	Thursday	Isaac Brock School	7:30 - 8:30pm	\$140
IRG Advanced	Ages 7 & up	Thursday	Isaac Brock School	7:30 - 9:00pm	\$165

Class times and locations are subject to change based on facility availability.

The Sapphires reserve the right to cancel or combine any classes that do not meet the minimum requirement of 5 gymnasts.

PAYMENT:

IRG CLASSES: \$140.00

IRG ADVANCED CLASSES: \$165.00

Payment is required at the time of registration.

Please make cheques payable to Sapphires Gymnastics Club.

Payment and registration forms must be submitted before
your child will be allowed to participate in the class.

Mail your completed Registration Forms A & B, Image Release Form and payment to:

Sapphires c/o Mikayla Trojan

713 Airlies St

Winnipeg, MB

R2V 2Z4

Completed forms can also be dropped off from 6-8pm at Lansdowne School (715 Wiginton St.) on:
September 20th or from 6:30-8:30pm at Isaac Brock School (1265 Barratt Ave.) on: September 21st

Please direct any questions/inquiries to Mikayla Trojan at **(204) 229-9079**

Or email the Sapphires at: **SapphiresRGC@gmail.com**

VISIT OUR WEBSITE: www.sapphiresgymclub.ca