



RECREATIONAL PROGRAM 2019-2020

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. Basic jumps, leaps, pivots and balances will be taught. During the last class, parents are invited to an open to class to watch a demonstration of the skills their daughter has learned throughout the session. 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 or who have prior experience in gymnastics or dance. These classes are 1.5 hours in length and run for 10 weeks. The cost for this program is \$165.00.

Dates and Locations:

Runs the week of September 23rd, 2019 to the week of December 2nd, 2019. Our Winter Display will be held at Tec Voc High School on Saturday, December 7th, 2019. Our gymnasts will be showcasing the routines they have learned throughout the session. All friends and families are invited to come watch!

Day:

Monday

Tuesday

Wednesday

Wednesday

Thursday

Location:

Montrose School

Isaac Brock School

Inkster School

Polson School

Lansdowne School

Start Date:

Sept. 23rd

Sept. 24th

Sept. 25th

Sept. 25th

Sept. 26th

Please note: all days, locations and start dates are subject to change. Classes must have a minimum of 5 gymnasts in order to run.

**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	Tuesday	Isaac Brock School	6:30-7:25pm	\$140
IRG - Group B	Ages 7 & up	Tuesday	Isaac Brock School	7:30-8:30pm	\$140
IRG Advanced	Ages 7 & up	Tuesday	Isaac Brock School	7:30-9:00pm	\$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	Wednesday	Polson School	6:00-6:55pm	\$140
IRG - Group B	Ages 7 & up	Wednesday	Polson School	7:00 - 8:00pm	\$140
IRG - Group A	4-6 yr olds	Thursday	Lansdowne School	6:00-6:55pm	\$140
IRG - Group B	Ages 7 & up	Thursday	Lansdowne School	7:00 - 8:00pm	\$140
IRG Advanced	Ages 7 & up	Thursday	Lansdowne School	7:00 - 8:30pm	\$165

The Sapphires reserve the right to cancel or combine any classes that do not meet the minimum requirement of 5 gymnasts. Class locations and times are subject to change based on the facility providers.

PAYMENT:

IRG CLASSES: \$140.00

IRG ADVANCED CLASSES: \$165.00

Payment 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 Forms A & B and payment to:

Sapphires c/o Mikayla Trojan
713 Airlies St
Winnipeg, MB - R2V 2Z4

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