



# RECREATIONAL PROGRAM 2016-2017

## 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 \$155.00. 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.

VISIT OUR WEBSITE: [www.sapphiresgymclub.ca](http://www.sapphiresgymclub.ca)

# DATES & LOCATIONS

## IRG Fall Session:

Runs from the week of September 25<sup>th</sup>, 2016 through the week of November 29<sup>th</sup>, 2016. Gymnasts will be invited to perform at the Sapphires Winter Show, which is tentatively scheduled for Saturday, December 3<sup>rd</sup>, 2016.

<u>Day:</u>	<u>Location:</u>	<u>Start Date:</u>
Monday*	Montrose School (691 Montrose)	September 26 <sup>th</sup>
Tuesday	Inkster School (633 Inkster)	September 27 <sup>th</sup>
Wednesday**	Anola School (736 Academy St, <b>Anola</b> )	September 28 <sup>th</sup>
Thursday	Isaac Brock School (1265 Barratt)	September 29 <sup>th</sup>
Thursday	Lansdowne School (715 Wigington)	September 29 <sup>th</sup>

**\*NOTE:** Monday night classes will be cancelled on October 10<sup>th</sup> (Thanksgiving Day), as well as October 31<sup>st</sup> (Halloween). Make up classes will take place following the display.

**\*\*NOTE:** Due to high demand for this program, please contact Brandi Voss regarding availability prior to registering.

## IRG Winter Session:

Runs from the week of January 20<sup>th</sup> through the week of April 9<sup>th</sup>, 2017. Gymnasts will be invited to perform at the Sapphires Year End Show, which is tentatively scheduled for Saturday, April 15<sup>th</sup>, 2017.

<u>Day:</u>	<u>Location:</u>	<u>Start Date:</u>
Monday*	Montrose School (691 Montrose)	<b>January 23<sup>rd</sup></b>
Tuesday	Inkster School (633 Inkster)	January 31 <sup>st</sup>
Wednesday**	Anola School (736 Academy St, <b>Anola</b> )	February 1 <sup>st</sup>
Thursday***	Isaac Brock School (1265 Barratt)	<b>January 26<sup>th</sup></b>
Thursday	Lansdowne School (715 Wigington)	February 2 <sup>nd</sup>

**\*NOTE:** Monday night classes will be cancelled on February 20<sup>th</sup> (Louis Riel Day), therefore this program will be beginning a week early.

**\*\*NOTE:** Due to high demand for this program, please contact Brandi Voss regarding availability prior to registering.

**\*\*\*NOTE:** Thursday classes at Isaac Brock will be cancelled on March 16<sup>th</sup>, therefore this program will be beginning a week early.

## IRG Spring Session:

We will be offering a shorter 5-week Spring Session in the 2016 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. The cost of the 5-week session is \$75.00.

**Class days and locations for the Spring Session will be available in March 2017.**

## 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: December 5<sup>th</sup> – 11<sup>th</sup>**

**Winter Session: April 17<sup>th</sup> – 21<sup>st</sup>**

Register by January 9<sup>th</sup> and  
receive a \$10.00 Early  
Registration Discount!!!

**Sapphires Rhythmic Gymnastics Club  
Class Schedule:**

**Winter 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	Inkster School	6:00-6:55pm	\$140
IRG - Group B	Ages 7 & up	Tuesday	Inkster School	7:00 - 8:00pm	\$140
IRG Advanced	Ages 7 & up	Tuesday	Inkster School	7:00 - 8:30pm	\$165
IRG - Group A	4-6 yr olds	Wednesday	Anola School	5:30-6:30pm	\$140
IRG - Group B	Ages 7 & up	Wednesday	Anola School	6:30-7:30pm	\$140
IRG Advanced	Ages 7 & up	Wednesday	Anola School	6:30 - 8:00pm	\$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
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

**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 Wigington St.) on: January 10<sup>th</sup> and 19<sup>th</sup> or at Isaac Brock School (1265 Barratt Ave.) on: January 12<sup>th</sup> and 18<sup>th</sup>

Please direct any questions/inquiries about our Winnipeg programs to Mikayla Trojan at **(204) 229-9079**, and any questions/inquiries about our Anola, MB programs to Brandi Voss at **(204) 782-6006**

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