

ISLAND RHYTHMIC GYMNASTICS CLUB Summer camp 2019

RECREATIONAL

This program introduces girls to rhythmic gymnastics. Participants will learn the basics of rolls and cartwheels, and the fundamental movements of the sport (jumps, balances, and pirouettes) together with manipulation of the small hand held apparatus (rope, hoop, ball and ribbon). They will get a full head to toe warm up, introduction to flexibility exercises and beginner strength training as well as learn a short routine to present on the last day of the week

Location:	Victoria Citadel
Dates:	August 19-23
Hours:	9:00 am to 12:00pm
Age:	6 year old and up
Cost:	\$200.00 per week inc. BCRSGF registration fee

PERFORMANCE

This program is intended for girls with previous experience in rhythmic gymnastics, dance, skating or synchro swimming. The participants will work on developing their flexibility, strength and coordination. They will enhance their performance skills, and will refine their rhythmic gymnastics specific body technique (jumps, balances, pirouettes) and apparatus manipulation in rope, hoop, ball and ribbon.

They will work with various specialists for example:

- Strength trainer
- Ballet teacher
- Acro yoga instructors
- Hip hop teacher
- Rhythmic gymnastics coach - Nationally certified (NCCP 3) coach and the only internationally certified in judge in BC in both Aesthetic Group Gymnastics and Rhythmic Gymnastics

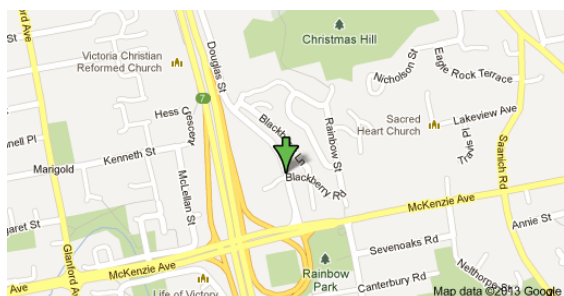
Location:	Victoria Citadel
Dates:	August 19-23
Hours:	9:00 am to 4:00pm
Cost:	\$375.00 per week inc. BCRSGF registration fee
Admission:	on invitation or audition (contact us at 250-514-6761 or info@islandrhythmics.com)



**Island Rhythmic Gymnastics Club
REGISTRATION FORM**

Welcome to Island Rhythmic Gymnastics Club. Please read and fill out the two last pages of the package and return them to us with the payment. If you have any questions, please feel free to contact us at any time. We look forward to sharing the beauty of the sport with you and your child.

1. CLASSES HELD AT THE VICTORIA CITADEL: 4030 Douglas Street Victoria BC, V8X 5J6



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SUMMER CAMP 2019**

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ISLAND RHYTHMIC GYMNASTICS CLUB

REGISTRATION FORM : SUMMER CAMP 2019

All information provided is kept confidential

NAME OF THE GYMNAST: _____

Date of birth (yy/mm/dd) _____

Medical # _____

The program chosen is:

RECREATIONAL

PERFORMANCE

I heard about **Island Rhythmic Gymnastics** through

A friend _____ Island Parent _____ Online search _____ Facebook _____ Chatterblock _____ Childplay 101 _____

Other (specify) _____

CONTACT

Name of the parent/ guardian _____

Address _____

Home phone number _____ Work phone number _____ Cell phone number _____

E-mail _____

Emergency contact _____ Phone number _____

Pick up (person authorized to pick up your child other than yourself)

Name _____ Phone _____

ALLERGIES/ MEDICAL CONCERNS

Does your child have any medical conditions that we should know about? If yes, please list below.

EMERGENCIES

I hereby authorize the staff of Island Rhythmic Gymnastics Club to obtain the aid of a registered medical practitioner or ambulance services to initiate treatment for my child _____ in the event of her illness or accident should attempt to contact the parents/ guardians fail.

Signature of the parent

Date and place

Waiver Form

In consideration of your acceptance of my child's registration, I state that I will not hold responsible Island Rhythmic Gymnastic Club or any of its Executive or coaches, for any personal injuries or property loss or damages suffered by my child while involved with IRGC activities.

NAME of the gymnast _____

Parent/ guardian name _____ Parent/ guardian signature _____

Gymnast name (if over 18 years of age) _____ Gymnast signature (if over 18 years of age) _____

_____ Date

PHOTOGRAPHS AND VIDEOS

I authorize Island Rhythmic Gymnastics Club to take photos or videos of my child for promotional or educational purposes.

Yes _____ No _____

NAME of the gymnast _____

Parent/ guardian name _____ Parent/ guardian signature _____

Gymnast name (if over 18 years of age) _____ Gymnast signature (if over 18 years of age) _____

_____ Date

**Please mail completed form and payment to
Island Rhythmic Gymnastics Club
2288 Covington Place, Victoria, BC, V8N 5N6
C/O Danielle Frattaroli
Payment can also be given to the coach on the first day of the session**