

2019-2020 WEEKLY SCHEDULE

Pre-school

Monday 5:00-6:00

Recreational

Tuesday 5:00-6:00
 Wednesday 5:00-6:00
 Friday 5:00-6:00

Performance beginner Intermediate

Program 1 Tuesday- Friday 5:00-7:00
 Program 2 Tuesday- Friday 5:00- 8:00
 Program 3 Monday- Tuesday- Friday 5:00- 8:00
 Program 4 Monday- Tuesday- Wednesday- Friday 5:00-8:00

Performance Advanced

Program 1 Monday- Wednesday 5:00-7:00
 Program 2 Monday- Wednesday 5:00-8:00
 Program 3 Monday- Wednesday- Friday 5:00-8:00
 Program 4 Monday- Tuesday- Wednesday- Friday 5:00-8:00

UPDATE to our Classes

1. Pre-school (3-5 yrs old)

Time/ Day

Monday 5:00-6:00

Calendar

September 9th- December 11
 January 6- June 17

Pricing

September-December 180.00
 January- June 300.00

Course pricing does not include the registration fee to the BC Rhythmic Gymnastics Federation. This fee is an annual \$20.00 fee that will only be applied to your first session in the calendar year. If you have any questions, please feel free contact us.

2. Recreational

Program 1: Tuesday	Program 2: Wednesday	Program 3: Friday
Time: 5:00-6:00	Time: 5:00-6:00	Time: 5:00-6:00
Calendar September 10- December 11 January 7- June 17	Calendar September 11- December 11 January 8- June 17	Calendar September 13- December 11 January 10- June 17
Cost September-December: 180.00 January- June: 300.00	Cost September-December: 180.00 January- June: 300.00	Cost September-December: 180.00 January- June: 300.00

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3. Performance

MONDAYS, TUESDAY, WEDNESDAYS, FRIDAYS
FULL YEAR: SEPTEMBER 9 – JUNE 17

The performance group is designed for girls who have prior gymnastics or dance training that want to challenge themselves. This program is designed to refine and build on basic skills. More advanced skills will be introduced and more emphasis on musical awareness, expression, group work. These skills will be combined into group routines and performed at the session end show, and possibly other events in the community. Previous performance groups have performed at events like the Victoria Performing Arts Festival, Victoria Goddess Run, Oak Bay Tea Party and the Ballet Victoria year end show.

Please speak to a coach for the program that is best for your child.

Course Pricing

There is an annual \$25.00 registration fee to the BC Rhythmic Gymnastics Federation. It will only be applied to your first session in the calendar year. If you have any questions please feel free contact us.

NOTE: Installments and **family discount** available, see registration form or contact us for details. All fees are payable by cheque, cash or **e-transfer** at the beginning of the session.

PROGRAMS

Beginners- Intermediate

Program 1: 2 times, 2 hours	Program 2 2 times, 3 hours	Program 3: 3 times, 3 hours	Program 4: 4 times, 3 hours
Days: Tuesday, Friday	Days: Tuesday, Friday	Days: Monday, Tuesday, Friday	Days: Monday, Tuesday, Wednesday, Friday
Time: 5:00-7:00	Time: 5:00-8:00	Time: 5:00-8:00	Time: 5:00-8:00
Calendar: September 10- December 11 January 7- June 17	Calendar: September 10- December 11 January 7- June 17	Calendar: September 9- December 11 January 6- June 17	Calendar: September 9- December 11 January 6- June 17
Cost September- December: 570.00 January- June: 1,000.00	Cost September- December: 860.00 January- June: 1,510.00	Cost September- December: 1,260.00 January- June: 2,185.00	Cost September- December: 1,620.00 January- June: 2,790.00

Advanced

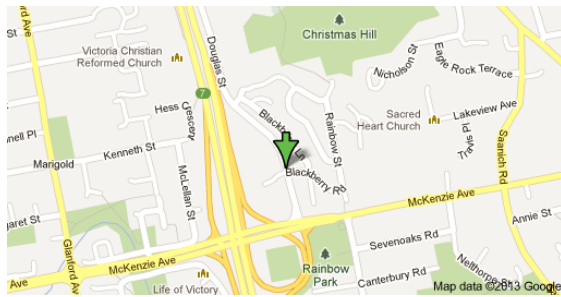
Program 1: 2 times, 2 hours	Program 2 2 times, 3 hours	Program 3: 3 times, 3 hours	Program 4: 4 times, 3 hours
Days: Monday, Wednesday	Days: Monday, Wednesday	Days: Monday, Wednesday, Friday	Days: Monday, Tuesday, Wednesday, Friday
Time: 5:00-7:00	Time: 5:00-8:00	Time: 5:00-8:00	Time: 5:00-8:00
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Island Rhythmic Gymnastics Club

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



2. UNIFORM-Mandatory

AGES 3 – 6

Bodysuit – royal blue Mondor 41095 tank style

Shorts (optional) – black Mondor 41020 style permitted

Footwear – bare feet only NO Footundeez permitted

Hair – ponytail or bun, with bangs & layers held back. Metal snapclips allowed. NO headbands or scrunchies permitted.

AGES 7 – 12

Bodysuit – royal blue Mondor 41095 tank style

Shorts (optional) – black Mondor 41020 style permitted

Footwear – bare feet only NO Footundeez permitted

Hair – ponytail or bun, with bangs & layers held back. Metal snapclips allowed. NO headbands or scrunchies permitted.

The Uniform could be purchased at TOES AND TAPS, 1733 Cook St, Victoria, BC V8T 1C8 (250) 480-0017



ISLAND RHYTHMIC GYMNASTICS 2019- 2020 PROGRAMS

PRE-SCHOOL - 3 to 6 years old

MONDAY	
Time:	5:00 pm - 6:00 pm
Calendar:	September 9th - December 11 th 2019 January 6 th – June 17 th 2020
Cost:	September –December: 180.00 January- June: 300.00

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RECREATIONAL – 6 years old and up

Program 1: TUESDAY	Program 2: WEDNESDAY	Program 3: FRIDAY
Time: 5:00-6:00	Time: 5:00-6:00	Time: 5:00-6:00
Calendar September 10- December 11 January 7- June 17	Calendar September 11- December 11 January 8- June 17	Calendar September 13- December 11 January 10- June 17
Cost September-December: 180.00 January- June: 300.00	Cost September-December: 180.00 January- June: 300.00	Cost September-December: 180.00 January- June: 300.00

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PERFORMANCE – 6 years old and up (by invitation/ audition)

Beginners- Intermediate

Program 1: 2 times, 2 hours	Program 2 2 times, 3 hours	Program 3: 3 times, 3 hours	Program 4: 4 times, 3 hours
Days: Tuesday, Friday	Days: Tuesday, Friday	Days: Monday, Tuesday, Friday	Days: Monday, Tuesday, Wednesday, Friday
Time: 5:00-7:00	Time: 5:00-8:00	Time: 5:00-8:00	Time: 5:00-8:00
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Advanced

Program 1: 2 times, 2 hours	Program 2 2 times, 3 hours	Program 3: 3 times, 3 hours	Program 4: 4 times, 3 hours
Days: Monday, Wednesday	Days: Monday, Wednesday	Days: Monday, Wednesday, Friday	Days: Monday, Tuesday, Wednesday, Friday
Time: 5:00-7:00	Time: 5:00-8:00	Time: 5:00-8:00	Time: 5:00-8:00
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ISLAND RHYTHMIC GYMNASTICS CLUB

REGISTRATION FORM : FALL 2018, WINTER AND SPRING 2019

All information provided is kept confidential

NAME OF THE GYMNAST: _____

Date of birth (yy/mm/dd) _____

Medical # _____

The program chosen is:

PRE- SCHOOL Monday

RECREATIONAL Tuesday

RECREATIONAL Wednesday

RECREATIONAL Friday

PERFORMANCE beginners/ intermediate

2 DAYS X 2 hours Tuesday- Friday

2 DAYS X 3 hours Tuesday- Friday

3 DAYS X 3 hours Monday- Tuesday- Friday

4 DAYS X 3 hours Monday- Tuesday-Wednesday- Friday

PERFORMANCE advanced

2 DAYS X 2 hours Monday- Wednesday

2 DAYS X 3 hours Monday- Wednesday

3 DAYS X 3 hours Monday- Wednesday- Friday

4 DAYS X 3 hours Monday- Tuesday- Wednesday- Friday

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**

