



## ISLAND RHYTHMIC GYMNASTICS CLUB GYM RULES

### 1.1 UNIFORM

All gymnasts must wear the uniform leotard at each practice

- Pre-school Blue leotard
- Recreational Blue leotard (optional black tights/shorts)
- Performance Blue leotard (option of black for training)  
Black shorts and tights  
Toe undies  
Canvas split sole ballet shoes  
Knee pads

### 1.2 HAIR

- All gymnasts must arrive at the gym with their hair tightly tied, away from their face in a ponytail or bun
- Please have your child bring additional elastics and clips

### 1.3 JEWELRY

- No jewellery is to be worn in the gym during class. Exception: small stud earrings

### 1.4 FOOD/ DRINK

- All gymnasts must bring their own water bottles (filled)
- No food is allowed in the gym
- No gum is allowed in the gym
- No pop/soda, juice etc. allowed in the gym

### 1.5 PARENTS

- Parents are welcome in the gym at all times
- Any interaction with the coaches must happen before or after class. This is to ensure safety of all participants and proper running of the class.
- Unless requested by the coach, parents must not interfere in the class (please do not coach from the sidelines, you are there to watch and enjoy)

### 1.6 ATTENDANCE

- The **December show will take place on December 16<sup>th</sup>**. If your child will not be able to attend, let the coach know as soon as possible. This impacts routine choreography for all gymnasts
- if your child will be away for reasons other than illness or injury (eg. planned holiday or school event) please advise coaches prior to their absence
- Parents must inform coaches of any illness, injury or health concern before the class. This can be done by email, by text, or in person. For performance gymnasts this includes before any missed classes.
- For performance gymnasts, if there is an illness or injury that has long term effect on training and requires medical attention, a doctor's note with recommendations on training implications and follow up plans for recovery/re-evaluation may be required.
- Performance gymnasts must attend 80% of trainings they are registered for

### 1.7 BEHAVIOUR

- Our gym is an inclusive environment. Everyone in our gym is expected to treat each other with respect. Discriminatory or bullying type language or activity will not be tolerated.

### 1.8 CONTACT

Phone/ text: 250-514-6761

E-mail: [info@islandrhythmic.com](mailto:info@islandrhythmic.com)



**ISLAND RHYTHMIC GYMNASTICS CLUB  
CALENDAR Fall 2020 – Spring 2021**

<b>Date</b>	<b>Event</b>	<b>Groups concerned</b>
Monday, September 14, 2020	First class	Pre-school Performance (advanced) Performance individual (beginner/ intermediate)
Tuesday, September 15, 2020	First class	Recreational Performance (beginner/ intermediate)
Friday, September 18, 2020	First class	Recreational
Monday, October 12, 2020	Thanksgiving – NO CLASS	Pre-school Performance
Monday, December 14, 2020	Dress Rehearsal	Everyone
Tuesday, December 16, 2020	Fall Session Show	Everyone
Monday, January 4, 2021	First Class	Pre-school Performance (advanced) Performance individual (beginner/ intermediate)
Tuesday, January 5, 2021	First Class	Recreational Performance (beginner/ intermediate)
Friday, January 8, 2021	First Class	Recreational
Monday, February 15, 2021	Family Day – NO CLASS	Pre-school Performance (Advanced)
Friday, April 2, 2021	Good Friday – NO CLASS	Recreational Performance
Monday, April 5, 2021	Easter Monday – NO CLASS	Pre-school Performance (Advanced)
Monday, May 24, 2021	Victoria Day – NO CLASS	Pre-school Performance (Advanced)
Monday, June 14, 2021	Dress rehearsal	Everyone
Wednesday, June 16, 2021	Spring Session Show	Everyone