



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 (bun compulsory for the performance gymnasts)
- 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

- 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.

1.6 ATTENDANCE

- 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@islandrhythmics.com



ISLAND RHYTHMIC GYMNASTICS CLUB
Calendar 2021

Date	Event	Group concerned
Monday January 4th	First day of Winter session	Pre-school Performance (advanced) Performance individual (beginner, intermediate)
Tuesday January 5th	First day of Winter session	Recreational (Tuesday) Performance (beginner, intermediate)
Wednesday January 6 th	First day of Winter session	Recreational (Wednesday)
Friday January 8 th	First day of Winter session	Recreational (Friday)
Monday February 15th	Family day: NO CLASS	Pre-school Performance
Monday March 8th	Dress rehearsal	Everyone
Wednesday March 10th	Winter session show	Everyone
Friday April 2nd	Good Friday: NO CLASS	Recreational Performance
Monday April 5th	Good Monday: NO CLASS	Pre-school Performance
Tuesday April 6 th	First day of Winter session	Recreational (Tuesday)
Wednesday April 7 th	First day of Winter session	Recreational (Wednesday)
Fri day April 9 th	First day of Winter session	Recreational (Friday)
Monday April 12 th	First day of Winter session	Pre-school
Monday May 24th	Victoria day: NO CLASS	Pre-school Performance
Monday June 14th	Dress rehearsal	Everyone
Wednesday June 16 th	Spring session show	Everyone