



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

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

- 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



CALENDAR

FALL 2021

| Date | Event | People concerned |
|------------------------|------------------------------------|------------------------------------------------------------|
| Monday September 13 | First class | Pre-school- Performance (advanced) |
| Tuesday September 14 | First class | Recreational Tuesday- Performance (beginner/ Intermediate) |
| Wednesday September 15 | First class | Recreational Wednesday |
| Friday September 17 | First class | Recreational Friday |
| Sunday September 19 | First class | Gymnastrada team |
| Sunday October 10 | NO CLASS: Thanksgiving Week end | |
| Monday October 11 | NO CLASS: Thanksgiving Week end | |
| Sunday October 31st | NO CLASS Halloween | |
| Monday December 13 | Last class | Pre- school |
| Tuesday December 14 | Last class | Recreational Tuesday |
| Wednesday December 15 | Last class | Recreational Wednesday- Performance (advanced) |
| Friday December 17 | Last class | Recreational Friday Performance (beginner/intermediate) |
| Sunday December 19 | Last class | Gymnastrada team |

WINTER- SPRING 2022

| Date | Event | People concerned |
|----------------------|------------------------------------|-------------------------------------------------------------|
| Monday January 10 | First class | Pre-school- Performance (advanced) |
| Tuesday January 11 | First class | Recreational Tuesday- Performance (beginner/ Intermediate) |
| Wednesday January 12 | First class | Recreational Wednesday |
| Friday January 14 | First class | Recreational Friday |
| Sunday January 16 | First class | Gymnastrada Team |
| Sunday February 20th | NO CLASS: Family Day Week end | |
| Monday February 21 | NO CLASS: Family Day Week end | |
| Friday April 15 | NO CLASS: Easter Week end | |
| Sunday April 17 | NO CLASS: Easter Week end | |
| Monday April 18 | NO CLASS: Easter Week end | |
| Sunday May 22 | NO CLASS: Victoria Day Week end | |
| Monday May 23 | NO CLASS: Victoria Day Week end | |
| Monday June 13 | Last class | Pre- school |
| Tuesday June 14 | Last class | Recreational Tuesday |
| Wednesday June 15 | Last class | Recreational Wednesday- Performance (advanced) |
| Friday June 17 | Last class | Recreational Friday Performance (beginner/ intermediate) |
| Sunday June 19/ 26 | Last class TBC | Gymnastrada Team |

Note: GYMNASTRADA:

The last class date in June is to be confirmed as soon as we get the information from the Canadian Gymnastics Federation about the date of the Canadian Gymnastrada