



## 2017 - 2018 ARGO RECREATIONAL PROGRAM

### What is Rhythmic Gymnastics?

Rhythmic Gymnastics (RG) is a beautiful yet challenging sport that combines artistic gymnastics and many styles of dance with various handheld apparatus. RG incorporates apparatus (ball, rope, hoop, clubs, and ribbon) with movement to music.

### Introduction to Rhythmic Gymnastics Class (10 weeks):

Introduction to Rhythmic Gymnastics (IRG) is a program for beginners to RG as well as those who have participated recreationally. The main focus of these 10-week sessions is to introduce young gymnasts (& parents) to fundamental movement patterns of gymnastics and basic apparatus and body skills in RG. The gymnasts will have the opportunity to combine body and apparatus skills using a variety of apparatus including scarves, ball, rope, hoop, and ribbon. Many jumps, leaps, balances, and pivots will be taught in addition to an emphasis on movements to music. IRG will follow the PRISM Recreational Skills Development Program that develops basic RG skill in proper progression. At the end of each session the gymnasts will be awarded with PRISM colour-coded level ribbons. This program prepares gymnasts for participation in either the display or competitive programs. At the end of the session, gymnasts will be given the opportunity to perform at the ARGO Club Displays.

### Fall Session:

Class	Age	Birth Year	Day	Location	Time	Fee
Parent & Tot	1-3	2014-2016	Wednesday	Sturgeon Heights Community Centre	5:30-6:15	\$100
Tiny Tots	3-4	2013-2014	Wednesday	Sturgeon Heights CC	6:15-7:00	\$100
IRG 1	5-6	2011-2012	Tuesday	Robert Browning	6:00-7:00	\$125
IRG 2	7-9	2008-2010	Tuesday	Robert Browning	7:00-8:00	\$125
IRG 1	5-6	2011-2012	Wednesday	Pacific Junction	6:00-7:00	\$125
IRG 2	7-9	2008-2010	Wednesday	Pacific Junction	7:00-8:00	\$125
Advanced IRG**	6-9	2008-2011	Monday	Sansome School	6:00-7:30	\$150

\*\*Advanced IRG is for those who have previous gymnastic experience and have completed the Rainbow, Red, and Orange levels of the PRISM program

Advanced IRG and IRG RB start the week of September 18<sup>th</sup>  
 Parent & Tot, Tiny Tots and IRG PJ start the week of September 25<sup>th</sup>

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**Winter Session:**

<b>Class</b>	<b>Age</b>	<b>Birth Year</b>	<b>Day</b>	<b>Location</b>	<b>Time</b>	<b>Fee</b>
Parent & Tot	1-3	2014-2016	Wednesday	Sturgeon Heights Community Centre	5:30-6:15	\$100
Tiny Tots	3-4	2013-2014	Wednesday	Sturgeon Heights CC	6:15-7:00	\$100
IRG 1	5-6	2011-2012	Tuesday	Robert Browning	6:00-7:00	\$125
IRG 2	7-9	2008-2010	Tuesday	Robert Browning	7:00-8:00	\$125
IRG 1	5-6	2011-2012	Wednesday	Pacific Junction	6:00-7:00	\$125
IRG 2	7-9	2008-2010	Wednesday	Pacific Junction	7:00-8:00	\$125
Advanced IRG**	6-9	2008-2011	Monday	Sansome School	6:00-7:30	\$150

\*\*Advanced IRG is for those who have previous gymnastic experience and have completed the Rainbow, Red, and Orange levels of the PRISM program

Advanced IRG starts the week of January 22<sup>nd</sup>  
 All other classes start the week of January 29<sup>th</sup>

**Advanced Display Class (Full Year):**

Advanced Display classes are a program for those who have completed the IRG Program or who have had previous gymnastics or dance experience and wish to perform as part of a non-competitive group. The main focus of Display is to build and master fundamental movement patterns of gymnastics and perform non-competitive routines in a variety of venues. The gymnasts will have the opportunity to combine intermediate body and apparatus skills using a variety of apparatus including scarves, ball, rope, hoop, and ribbon. Many jumps, leaps, balances, pivots, and flexibilities will be taught in addition to an emphasis on movements to music in a routine and fitness. Advanced Display will follow the PRISM Recreational Skills Development Program that develops basic RG skill in proper progression. At the end of the year the gymnasts will be awarded with PRISM colour-coded level ribbons. During the year gymnasts will be given the opportunity to perform at the ARGO Club Displays, the ARGO Invitational, and Provincial Gymnaestrada.

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**Full Year Programs:**

<b>Class</b>	<b>Age</b>	<b>Birth Year</b>	<b>Day</b>	<b>Location</b>	<b>Time</b>	<b>Fee</b>
Advanced Display	7-12	2004-2009	Friday	Dieppe School	6:00-8:00	\$625

Full year programs start the week of September 18<sup>th</sup> and run until the beginning of June (after Provincial Gymnaestrada).

**PLEASE NOTE:**

ARGO reserves the right to cancel or change classes due to number of gymnasts (minimum 4 for recreational classes) or facility cancellations. All classes are cancelled on statutory holidays (Thanksgiving, Remembrance Day, Louis Riel Day, Good Friday, Easter and Victoria Day) and on school breaks (Christmas Break, Spring Break).

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## **PAYMENT INFORMATION:**

Please make all cheques payable to ARGO. All registration forms and payment must be submitted **1 week before the class start date.**

All fees include:

- Classes & Club Displays
- RGM Membership Fees, for 10 week sessions \$13.00, Display \$40.00
- Fundraising Levy of \$50.00
- Photos: Individual & Group \$20.00
- Year End Banquet \$35.00

\*\*Fundraising Levy, Photos and Year End Banquet are for full year programs only

**\*\*\*Additional Costs will include a club Bodysuit for full year recreational classes and a black tank bodysuit for 10-week classes\*\*\***

A full refund for all classes can be made up to **October 15<sup>th</sup>, 2017** with a letter to the parent committee.

### **Early Bird Special (10 week programs):**

If you register for both the fall & winter sessions before August 31, 2017, the total fee will be \$220 for IRG, \$170 for Parent & Tot and Tiny Tots and \$270 for Advanced IRG.

### **Early Bird Special (full-year programs):**

If you register before August 31, 2017, the volunteer bond fee will be waived.

### **Please mail completed registration form and payment to:**

ARGO c/o Anna-Marie Keough  
11 Athlone Drive  
Winnipeg, Manitoba  
R3J 3K7

Please direct questions/inquiries regarding registration to Anna-Marie at (204) 291-3742  
Or e-mail ARGO at [argorg@shaw.ca](mailto:argorg@shaw.ca)

[www.argoclub.ca](http://www.argoclub.ca)

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Follow us on Twitter @argorgclub

**REGISTRATION FORM A:**

**Gymnast Information:**

Gymnast Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/Province: \_\_\_\_\_  
Postal Code: \_\_\_\_\_  
Home Phone: \_\_\_\_\_  
Birthday (dd/mm/yy): \_\_\_\_\_  
9 digit health #: \_\_\_\_\_  
6 digit reg #: \_\_\_\_\_

Postal Code: \_\_\_\_\_  
Home Phone: \_\_\_\_\_  
Work Phone: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_  
E-mail: \_\_\_\_\_

**Parent/Guardian Information:**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/Province: \_\_\_\_\_

**Parent/Guardian (2) Information:**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/Province: \_\_\_\_\_  
Postal Code: \_\_\_\_\_  
Home Phone: \_\_\_\_\_  
Work Phone: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_  
E-mail: \_\_\_\_\_

Please indicate medical conditions, injuries, allergies, etc:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

PRISM Levels Achieved (returning recreational gymnasts only)

Rainbow  
 Red  
 Orange

Yellow  
 Green  
 Blue

Violet



### REGISTRATION FORM B:

10-Week Programs			
Class	Hours	Fee	Payment Option
Parent & Tot	45 min	\$100	<input type="checkbox"/> <b>In full:</b> cheques dated September 15, 2017
Tiny Tots	45 min	\$100	<input type="checkbox"/> <b>In full</b>
Intro to RG 1 Location: _____	1 hr	\$125	<input type="checkbox"/> <b>In full</b>
Intro to RG 2 Location: _____	1 hr	\$125	<input type="checkbox"/> <b>In full</b>
Advanced IRG	1.5 hrs	\$150	<input type="checkbox"/> <b>In full</b>
Full Year Programs			
Advanced Display	2 hrs	\$625	<input type="checkbox"/> <b>In full:</b> cheques dated September 15, 2017 <input type="checkbox"/> <b>In two payments:</b> \$325, dated September 15, 2017 \$300 dated January 15, 2018

To receive the *EARLY BIRD SPECIAL* you must register by **August 31<sup>st</sup>**

*Type of Payment*

- Cash
- Cheque

*You must submit the registration form and payment in order to be registered in the program. Registrations will not be accepted without payment. NSF cheques will be subject to a \$20 administration fee.*

#### A.R.G.O. Waiver

*I, the parent/guardian of \_\_\_\_\_ know participation in any sport is a potentially hazardous activity. I realize that she should not participate unless she is medically able and properly trained. I assume all risks associated with her participation. Having read this waiver and knowing these facts and in consideration of your accepting my child's application to participate, I waive and release the Assiniboine Rhythmic Gymnastics Organization, Rhythmic Gymnastics Manitoba (RGM), all sponsors, affiliated clubs, event organizers, and officers and members thereof from all claims or liabilities of any kind arising out of her participation. The personal information collected by ARGO in accordance with the PIPEDA federal law and will only be distributed to the Registrar, Coaches and Volunteer Coordinator.*

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Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **ARGO VOLUNTEERISM (full year programs only)**

The ARGO Club relies on volunteerism to support our gymnasts in effort to keep costs as reasonable as possible. ARGO is extremely proud of its parental commitment throughout the years and we thank you. **We ask that each family volunteer at ALL the events that ARGO is involved in.** This could include ARGO shows, BINGOs, RGM Events, and other fundraisers.

A refundable volunteer bond fee of \$150.00 per family on a separate cheque is due for all gymnasts registering in our full year recreational and competitive programs. This will be refunded upon completion of the **minimum 6 hours** volunteer commitment. Please submit with registration.

**WHEN YOUR VOLUNTEER COMMITMENT IS FULFILLED, YOU CAN RECEIVE A FULL REFUND UPON REQUEST IN JUNE.**

\*\*\*\*\*Important: Please fill in the following:

Parent's name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Class Level: \_\_\_\_\_ School: \_\_\_\_\_

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## **ACKNOWLEDGEMENT OF MEMBERSHIP RESPONSIBILITIES**

We, as the family of \_\_\_\_\_, acknowledge our responsibility to contribute to the operation of the Assiniboine Rhythmic Gymnastics Organization by agreeing to provide volunteer assistance as required by the coaches and club executive, including but not limited to: Volunteering for BINGO fundraisers, taking an active part in various club fundraising, other club events, and provincial events. (Any family member 18 years of age or older may contribute.)

Signature of legal Parent/ Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

**\*\*Families registering in our Introduction to Rhythmic Gymnastics programs will have the volunteer bond fee waived, however, any and all volunteer time or fundraising assistance you can offer would be greatly appreciated.**

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## **ARGO PHOTO RELEASE**

*The ARGO gymnasts have many opportunities to perform in both exhibitions and competitions throughout the year. We regularly videotape displays, competitions and class shows; as well many parents kindly share their photos of these events. Current promotions include the display board (used at registration), brochures, social media and the ARGO website.*

*Your permission in accordance with the PIPEDA federal bylaw is required for the use of these photos and video clips to further promote the sport of rhythmic gymnastics and our organization is required.*

*Please sign the attached form and return to your daughter's coach.*

*I, \_\_\_\_\_, hereby consent to the use of photographs and video of my child, \_\_\_\_\_, in connection with the exhibition, advertising and promotion of ARGO and the sport of Rhythmic Gymnastics.*

*I understand and agree that I am the legal guardian of this gymnast and am authorized to give consent.*

*Parent's Signature* \_\_\_\_\_

*Date* \_\_\_\_\_