



2017 - 2018 ARGO RECREATIONAL PROGRAM (Winter & Spring Session)

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.

Advanced Display (Spring Session Only):

Advanced Display is a program for those who have completed the IRG Program or who have had previous gymnastics or dance experience and are interested in joining competitive or a full year recreational program in the 2016-2017 season. The main focus of Advanced Display is to prepare gymnasts for an intermediate to advanced level of RG performance. The gymnasts will have the opportunity to combine intermediate to advanced 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 session the gymnasts will be awarded with PRISM colour-coded level ribbons. At the end of the session gymnasts will be given the opportunity to perform at an in class display.

FUN, FITNESS AND FUNDAMENTALS!



Winter 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, IRG Pacific Junction start the week of January 22nd
 All other classes start the week of January 29th

Spring Session (8 weeks):

Class	Age	Birth Year	Day	Location	Time	Fee
Parent and Tot	1-3	2014-2016	Wednesday	Sturgeon Heights Community Centre	5:30-6:15	\$85
Tiny Tots	3-4	2013-2014	Wednesday	Sturgeon Heights CC	6:15-7:00	\$85
IRG 1	5-6	2011-2012	Tuesday	Robert Browning	6:00-7:00	\$110
IRG 2	7-9	2008-2010	Tuesday	Robert Browning	7:00-8:00	\$110
IRG 1	5-6	2011-2012	Wednesday	Pacific Junction	6:00-7:00	\$110
IRG 2	7-9	2008-2010	Wednesday	Pacific Junction	7:00-8:00	\$110

All programs start the week of April 16th

FUN, FITNESS AND FUNDAMENTALS!



PAYMENT INFORMATION:

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

All fees include:

- Classes & Club Displays
- RGM Membership Fees, for 10 week sessions \$13.00

*****Additional Costs will include a black tank bodysuit for 10-week classes*****

A full refund for all classes can be made up to **February 15th, 2018** (Winter Session) and **May 1st, 2018** (Spring Session) with a letter to the parent committee.

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

www.argoclub.ca

“Like” us on Facebook

www.facebook.com/ARGORhythmicGymnastics

Follow us on Twitter @argorgclub

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).

FUN, FITNESS AND FUNDAMENTALS!



REGISTRATION FORM A:

Gymnast Information:

Gymnast Name: _____

Address: _____

City/Province: _____

Postal Code: _____

Home Phone: _____

Birthday (dd/mm/yy): _____

9 digit health #: _____

6 digit reg #: _____

Parent/Guardian Information:

Name: _____

Address: _____

City/Province: _____

Postal Code: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

E-mail: _____

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:

Winter Session			
Class	Hours	Fee	Payment Option
Parent & Tot	45 min	\$100	<input type="checkbox"/> In full: cheques dated February 15, 2018
Tiny Tots	45 min	\$100	<input type="checkbox"/> In full
Intro to RG 1 Location: _____	1 hr	\$125	<input type="checkbox"/> In full
Intro to RG 2 Location: _____	1 hr	\$125	<input type="checkbox"/> In full
Advanced IRG	1.5 hrs	\$150	<input type="checkbox"/> In full
Spring Session			
Parent & Tot	45 min	\$85	<input type="checkbox"/> In full: cheques dated May 1, 2018
Tiny Tots	45 min	\$85	<input type="checkbox"/> In full
Intro to RG 1 Location: _____	1 hr	\$110	<input type="checkbox"/> In full
Intro to RG 2 Location: _____	1 hr	\$110	<input type="checkbox"/> In full
Advanced Display	2 hr	\$200	<input type="checkbox"/> In full

Type of Payment

- Cash
- Cheque

FUN, FITNESS AND FUNDAMENTALS!



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.

ARGO 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.

Signature: _____ Date: _____

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 _____

FUN, FITNESS AND FUNDAMENTALS!