



2018 - 2019 ARGO COMPETITIVE 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.

Interclub (formerly Pre-Competitive):

Interclub is a program designed for gymnasts who have previous limited RG, artistic gymnastics or dance experience but wish to train more often and practice more difficult body and apparatus skills than in recreational RG. The main focus of the Interclub program is to learn and perform individual routines for adjudication at the club level. The gymnasts will have the opportunity to learn body and apparatus skills from the beginner to intermediate levels. Jumps, leaps, balances, and rotation difficulties are taught with an emphasis on combining apparatus and body skills with coordination to music during routines. Interclub gymnasts will progress through Rhythmic Gymnastics Manitoba's interclub levelized program designed for gymnasts to perform individual routines in an evaluated venue. Throughout the year, gymnasts will perform at the ARGO Club Displays, Provincial Gymnaestrada, and City Interclub Competitions.

Competitive Provincial Stream:

Competitive Provincial Stream (PS) is a program specifically for those gymnasts with previous RG experience or with intermediate artistic gymnastics or dance experience. The main focus of PS is to learn and perform individual or group routines for competition at the Provincial Level. The gymnasts will have the opportunity to learn challenging body and apparatus skills from the beginner to advanced levels. Jumps, leaps, balances, and rotation difficulties are taught with an emphasis on combining apparatus and body skills with coordination to music during routines. Beginner Ballet and Strength/Flexibility conditioning will also be taught. PS Gymnasts will progress through the Gymnastics Canada levelized PS program designed for gymnasts to perform individual routines, group routines, or both in a judged venue. Throughout the year, gymnasts will perform at the ARGO Club Displays, Provincial Gymnaestrada, and Provincial and National Competitions.

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Masters:

Masters is a program specifically for those gymnasts aged 18+ (born 2001 or earlier) with previous RG competitive experience. The main focus of Masters is to provide an opportunity for gymnasts to continue performing at a high competitive level without following the guidelines of the Canadian Provincial Steam levelized program. Gymnasts will focus on perfecting individual or group routines to music and apparatus of their choice while still adhering to the principles of gymnastics for all. The gymnasts will have the opportunity to continue to learn challenging body and apparatus skills from the beginner to advanced levels. Beginner Ballet and Strength/Flexibility conditioning will also be part of the program. Throughout the year, gymnasts will perform at the ARGO Club Displays, Provincial Gymnaestrada, and Provincial Competitions.

INTERCLUB CLASSES:

Class	Age	Birth Year	Hours/Week	Fee
Level 1	7-8	2011-2012	2 - 4 hours	\$1000 - \$1750
Level 2	9-10	2009-2010	2 - 4 hours	\$1000 - \$1750
Level 3	9-11	2008-2010	5 hours	\$2000
Level 4	11-13	2006-2008	5 hours	\$2000
Level 5	13-15	2004-2006	6 hours	\$2250
Level 6	15 and up	2004 or earlier	6 hours	\$2250

**1 hour mandatory ballet class is not included in the hours/week, please see schedule*

PROVINCIAL STREAM CLASSES:

Class	Age	Birth Year	Hours/Week	Fee
Level 1	7-8	2011-2012	4 hours	\$1750
Level 2	9-10	2009-2010	4 hours	\$1750
Level 3	9-11	2008-2010	5 hours	\$2000
Level 4	11-13	2006-2008	6-9 hours	\$2250 - \$2500
Level 5	13-15	2004-2006	9 hours	\$2500
Level 6	16 and up	2003 or earlier	9 hours	\$2500
Masters	18 and up	2001 or earlier	3 hours	\$1500
Level 3 Group	9-11	2008-2010	2.5 hours	\$1000
Level 4 Group	11-13	2006-2008	2.5 hours	\$1000
Level 5 Group	13-15	2004-2006	3 hours	\$1500
Level 6 Group	16 and up	2003 or earlier	3 hours	\$1500

**1 hour ballet class is mandatory and not included in the hours/week for Level 1-3, please see schedule*

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DATES & LOCATIONS:

Interclub & PS Level 1 – 2				
Day	Location	Time	Start Date	Last Class
Tuesday	Sturgeon Heights CC	5:00 – 7:00 pm	September 11 th	Middle of June
Thursday	Sturgeon Heights CC	5:00 – 7:00 pm		

***If choosing a 2 hr/wk option – practices will be on Tuesdays*

Interclub Level 3 - 4, PS Level 3				
Day	Location	Time	Start Date	Last Class
Tuesday	Sturgeon Heights CC	5:00 – 7:30 pm	September 11 th	Middle of June
Thursday	Sturgeon Heights CC	5:00 – 7:30 pm		

Interclub Level 5 & 6				
Day	Location	Time	Start Date	Last Class
Tuesday	Sturgeon Heights CC	5:00 – 8:00 pm	September 11 th	Middle of June
Thursday	Sturgeon Heights CC	5:00 – 8:00 pm		

Ballet for Interclub Level 1 – 6, PS Level 1-3				
Day	Location	Time	Start Date	Last Class
Saturday	Sturgeon Heights CC	10:00 – 11:00 am	September 15 th	Middle of June

PS Level 4 - 6				
Day	Location	Time	Start Date	Last Class
Tuesday	Sturgeon Heights CC	5:00 – 8:00 pm	September 4 th	Middle of June
Thursday	Sturgeon Heights CC	5:00 – 8:00 pm		
Saturday	Sturgeon Heights CC	9:00 am – 12:00 pm		

***If choosing a 6hr/wk option – practice schedule will be Tuesday/Thursday at SHCC*

Masters (Choose one option)				
Day	Location	Time	Start Date	Last Class
Tuesday	Sturgeon Heights CC	5:00 – 8:00 pm	September 4 th	Middle of June
Thursday	Sturgeon Heights CC	5:00 – 8:00 pm		

Ballet for PS Level 4 – 6, Masters				
Day	Location	Time	Start Date	Last Class
Saturday	Sturgeon Heights CC	9:00 – 10:00 am	September 15 th	Middle of June

Groups (Level 3 – 6) ****TBA				
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**** Returning Gymnasts may start in late August, gymnasts will be contacted directly****

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PAYMENT INFORMATION:

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

All fees include:

- Classes & Club Displays
- RGM Membership Fees: Interclub, \$50.00; Provincial Stream, \$60.00
- Fundraising Levy of \$50.00
- Photos: Individual & Group \$20.00
- Year End Banquet \$35.00

*****Additional costs will include but are not limited to competition bodysuits, ARGO tracksuit, toe shoes, apparatus for the gymnasts and competition fees*****

A full refund for all classes can be made up to **September 30th, 2018** with a letter to the parent committee.

Early Bird Special: If you register before August 31, 2018, you will receive a \$150 discount on registration fees.

PLEASE NOTE:

ARGO reserves the right to cancel or change classes due to number of gymnasts 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).

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 argorg@shaw.ca

www.argoclub.ca

“Like” us on Facebook

www.facebook.com/ARGORhythmicGymnastics

Follow us on Twitter @argorgclub

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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:

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.

Signature: _____ Date: _____

The personal information collected by ARGO in accordance with the PIPEDA federal law will only be distributed to the Registrar, Coaches, and Volunteer Coordinator.

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REGISTRATION FORM B:

Class	Hours	Fee	Payment Option
Interclub Level 1 & 2 PS Level 1- 2	2 hrs/wk 4 hrs/wk	\$1000 \$1750	<input type="checkbox"/> In full: cheques dated September 15, 2017 <input type="checkbox"/> In two payments: cheques dated September 15, 2018; January 15, 2019 <input type="checkbox"/> In ten monthly payments: cheques dated the 15 th of each month from September to June
Interclub Level 3 – 4 PS Level 3	5 – 5.5 hrs/wk	\$2000	<input type="checkbox"/> In full <input type="checkbox"/> In two payments <input type="checkbox"/> In ten monthly payments
PS Level 4 - 6 Interclub Level 5 – 6, PS Level 4 - 6	9 hrs/wk 6 hrs/wk	\$2500 \$2250	<input type="checkbox"/> In full <input type="checkbox"/> In two payments <input type="checkbox"/> In ten monthly payments
Masters Date & Location: _____	3 hrs/wk	\$1500	<input type="checkbox"/> In full <input type="checkbox"/> In two payments: \$750, dated September 15, 2018; \$750, January 15, 2019 <input type="checkbox"/> In ten monthly payments: \$150 dated the 15 th of each month from September to May
Level 3, 4 Group	2.5 hrs/wk	\$1000 \$500 with individual	<input type="checkbox"/> In full <input type="checkbox"/> In two payments <input type="checkbox"/> In ten monthly payments
Level 5, 6 Group	3 hrs/wk	\$1500 \$500 with individual	<input type="checkbox"/> In full <input type="checkbox"/> In two payments <input type="checkbox"/> In ten monthly payments

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To receive the EARLY BIRD SPECIAL you must register by **August 31st**. All registrations are due 1 week prior to the start date.

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.

ARGO VOLUNTEERISM

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: _____

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: _____

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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 and Rhythmic Gymnastics Manitoba 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 in Manitoba.

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

Parent's Signature _____

Date _____

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