



R H Y T H M I C G Y M N A S T I C S

RECREATIONAL PROGRAM

2022 – 2023

What is Rhythmic Gymnastics?

Rhythmic Gymnastics is a beautiful and challenging sport that combines elements of gymnastics with many styles of dance. It incorporates the use of five hand held apparatus: Rope, Ball, Hoop, Ribbon, and Clubs, with various movements to music.

Introduction to Rhythmic Gymnastics

Introduction to Rhythmic Gymnastics (IRG) is a program for beginners as well as those who have participated in the sport recreationally. These classes are 1 hour long and run for 10 weeks. During the 10-week session, gymnasts will have the opportunity to develop skills and various types of apparatus: scarves, rope, ball, hoop, and ribbon. Basic jumps, leaps, pivots, and balances will be taught. During the last class, parents are invited to an open class to watch a demonstration of the skills their daughter has learned throughout the season. Throughout the program, gymnasts will learn a proper warm-up, develop hand-eye coordination as well as flexibility in a fun, safe, and encouraging atmosphere!

The cost for this program is \$145.00.

IRG Advanced Classes

The Sapphires are also offering an IRG Advanced class for ages 8 & up. These classes are specifically for gymnasts who have attended a minimum of two IRG sessions or who have prior experience in gymnastics or dance. These classes are 1.5 hours in length and run for 10 weeks.

The cost for this program is \$175.00

Dates and Locations:

Classes start January 25, 2023 and end April 13, 2023. The gymnasts will be showcasing the routines they have learned throughout the session at the Sapphires' Winter Display, which is scheduled for Saturday April 15th, 2023 at Tec Voc High School.

<u>Day:</u>	<u>Location:</u>	<u>Start Date:</u>
Wednesday	Champlain School	January 25, 2023
Thursday	Robert A. Steen Community Centre	January 26, 2023

Please note: all days, locations and start dates are subject to change. Classes must have a minimum of 5 gymnasts in order to run.

Class/Level	Ages	Day	Location	Times	Fee
IRG – Group A	Ages 3-5 years	Wednesday Thursday	Champlain School Robert A Steen CC	6:00 – 6:55 pm	\$145
IRG – Group B	Ages 6-7 years	Wednesday Thursday	Champlain School Robert A Steen CC	7:00 – 8:00 pm	\$145
IRG Advanced	Ages 8 & up	Wednesday Thursday	Champlain School Robert A Steen CC	7:00 – 8:30pm	\$175

The Sapphires reserve the right to cancel or combine any classes that do not meet the minimum requirement of 5 gymnasts. Class locations and times are subject to change based upon the facility providers.

How to Register:

1. Visit our website: <https://www.sapphiresrhythmicgymnastics.com>
2. Select Recreational (IRG) under the Registration tab.
3. Click on the Online Registration button.
4. Complete the online form.
5. Send payment by e-transfer to: sapphirespay@gmail.com.
6. If paying by credit card, a PayPal invoice with further payment instructions will be sent to you by email. Note: please add \$5 for credit card payments.

The registration deadline is **January 23, 2023**.

Registrations received without payments will be considered incomplete, and the gymnast will *not* be registered.