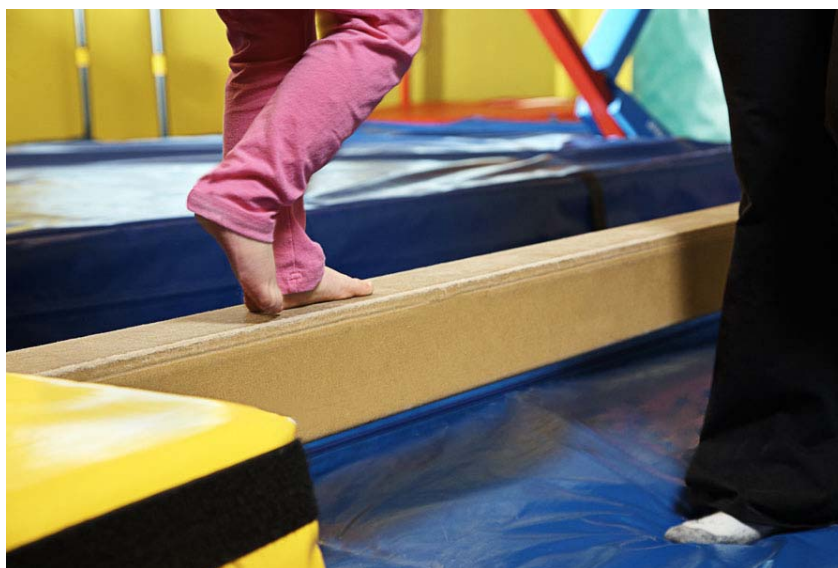


Fall/ Winter 2010-11



Featuring

- Youth Programs
- Competitive and Recreational Programs
- Lesson and Training Information
- And more Gymnastics!

Gymnastics Committee: Kelly Vandenberg (Chair), Lynsay Mahon, Robin Hobal, Nancy Williams, Dana Bouliane, Christina Houghian, Susan Hsu, Jackie Fetter, Jen Cherneski (Board Rep)

Gymnastics Professionals

Cassandra Chau, Head Professional

Cassy is a Level III Rhythmic Gymnastics Coach and an International Competition Judge. Her love of Gymnastics is only exceeded by her love of children and watching them discover the joys of gymnastics. This program has grown by leaps and bounds under her tutelage and the proof is that there is now a competitive team from the Royal Glenora Club for the first time ever.



Lauren Wig, Associate Professional

Jennifer Thai, Associate Professional

Annetta Kratochvil, Associate Professional

September 2010-June 2011

- **Minimum of 4 registered participants to run a program**
 - Daily drop in participants are welcome unless class is full. Daily rates will apply.
 - Gymnasts at the Royal Glenora Club are affiliated with Alberta Gymnastics Federation and Rhythmic Gymnastics Alberta. As a member your child(ren) will progress through levels and receive badges after learning certain skills. All athletes must pay a \$25 AGF fee and/or a \$25 RGA membership fee; which provides insurance protection against accidents and injuries. This membership is valid for one year from the date of registration.
 - Coaches may change without notice. If an instructor is ill or away an alternate coach will teach that class or the class will be cancelled with as much notice as possible. Thank you in advance for your understanding.
 - ***Registering will hold your place in the class until the end of June 2011. A program cancellation form MUST be filled out if you do not wish to complete the entire season. Failure to do so will result in continued monthly charge to your account.***
 - Classes are cancelled on all holidays, unless otherwise posted
 - No classes during Christmas and Spring Break
 - Prorating will apply on months with fewer than four classes, unless an extra class is made up in a longer month in the year.
-



Phone for an appointment:

Cassandra Chau Head Professional: 482-2371
Ext. 276
Cassandra.chau@royalglenora.com

*Please add GST for those 15 years and older.

Please Note:

- **Classes are cancelled on all holidays, unless otherwise posted**
 - **No classes during Winter and Spring Break**
 - **Prorating will apply on months with fewer than four classes, unless an extra class is made up in a longer month in a year**
-

This program combines baby gym, baby yoga, creativity, and a parent's love! This class is beneficial for many aspects of your baby's development. The activities promote physical well being, sleep patterns, alertness, responsiveness and motor skills. Join your child on a jorney of self-discovery and growth. Cassandra coaches this class.

BABY GYM

Cost: \$40.00 per month or \$13.00 per class

Ages: 2 months to crawling

Returning January 2011

This introductory program introduces structured learning and is designed for children with the uncontrollable urge to discover! Movement patterns with emphasized- bouncing, swinging, rolling, balancing, and we throw in some good old fashion fun too. Parent assistance is not required for this class.

GYM TOTS

Cost: \$30.00 per month or \$10.00 per day

Ages: 2-3 years old

Date	Time	Day of Week	Code
Sept 13-June 20	10:00-10:30am	Monday	GTT1
Sept 8-June 22	10:30am-11am	Wednesday	GTT2
Sept 9-June 23	10:30am-11am	Thursday	GTT3
Sept 10-June 24	10am-10:30am	Friday	GTT4
Sept 11-June 25	10am-10:30am	Saturday	GTT5

This introductory, unstructured, LEARN THROUGH PLAY program is designed for children with the uncontrollable urge to discover! Movement patterns and emphasized- bouncing, swinging, rolling, balancing, and we throw in some good old fashion fun too. A parent or guardian is required to assist the child in the class.

PARENT TOT

Cost: \$30.00 per month or \$10.00 per day

Ages: Walking to 2 years old

Date	Time	Days of Week	Code
Sept 8-June 22	10:00-10:30am	Wednesday	TOG1
Sept 10-June 24	9:30-10:00am	Friday	TOG2
Sept 11-June 25	9:30-10:00am	Saturday	TOG3

This is a class for 2-4 year olds with out parent assistance. The kids will spend 45 minutes in the playroom learning all sorts of new things. Then it will be off to the gym where we will play with the parachute, crawl through tunnels, swing on the bars, walk the beam and much more!

PARACHUTE TIME

Cost: \$75.00 per month or \$20.00 per day

Ages: 2-4 years

Date	Time	Day of Week	Code
Sept 7-June 21	9:30-11:00am	Tuesday	GPT1

This program was designed to introduce each child to the very basics of gymnastics movement, through organized games and circuits on each of the events. This class is a progression from the Gym Tots program and the participants will work towards completing skills on their gymnastics report card.

KINDERGYM

Cost: \$40.00 per month or \$13.00 per day

Ages: 3-5 years

Date	Time	Day of Week	Code
Sept 13-June 20	10:30-11:15am	Monday	GKG1
Sept 7-June 21	11:00-11:45am	Tuesday	GKG2
Sept 8-June 22	1:00-1:45pm	Wednesday	GKG3
Sept 9-June 23	9:45-10:30am	Thursday	GKG4
Sept 10-June 24	1:00-1:45pm	Friday	GKG5
Sept 11-June 25	10:30-11:15am	Saturday	GKG6

This is one of the clubs most popular gymnastics programs! Your child will learn the beautiful sport of Rhythmic Gymnastics in a fun team setting. We will learn the basics of RG: loads of fun with ropes, hoops, balls, clubs and ribbons! Participants will learn performance routines to show parents at our annual Winter and Spring Shows. This class is held in the fitness Studio.

KINDER RHYTHMICS

Cost: \$50.00 per month or \$15.00 per day

Ages: 3-5 years

Date	Time	Day of Week	Code
Sept 7-June 22	2:30-3:30pm	Tuesday	KGR1
Sept 9-June 23	1:00-2:00pm	Thursday	KGR2
Sept 10-June 24	2:30-3:30pm	Friday	KGR3
Sept 11-June 25	12:30-1:30pm	Saturday	KGR4

CANGYM

CANGYM is a program designed by Gymnastics Canada Gymnastique for boys and girls who wish to learn the sport of gymnastics. CANGYM is a progressive 14 badge program that challenges it's participants to develop their gymnastics skills in a fun and safe environment. Gymnasts will be challenged to learn and master circuits on floor, beam, parallel bars, uneven bars, and the tumble track.

Cost: \$50.00 per month or \$15.00 per day

Ages: 4-10 years

Date	Time	Day of Week	Code
Sept 13-June 20	5:00-6:00pm	Monday	GCG1
Sept 8-June 22	4:00-5:00pm	Wednesday	GCG2
Sept 9-June 23	2:30-3:30pm	Thursday	GCG3
Sept 11-June 25	11:15-12:15pm	Saturday	GCG4

This CANGYM based program gives the boy in your house a chance to run, jump, roll, hang, and tumble in a safe and learning environment. Each participant will work towards earning the 14 Cangym badges. This is a great class to build strength and agility for all sports.

BOYS GYM

Cost: \$50.00 per month or \$15.00 per day

Ages: 4-10 years

Date	Time	Day of Week	Code
Sept 13-June 20	6:00-7:00pm	Monday	BGG1
Sept 8-June 22	5:00-6:00pm	Wednesday	BGG2

MARTIAL GYM

Brand new to the Royal Glenora Club! Martial Gym is a relatively new sport to Canada that derives its concept from both Martial Arts and Gymnastics. The Gymnastics portion comes from Japanese Men's Rhythmic Gymnastics, and the Martial Arts portion is based on the ancient Chinese style of Luk Hop Bak Fat. Your child will learn to use hand apparatus while building strength, agility, speed, self esteem, confidence and overall fitness. Participants will work towards participating in performance/competitive events.

Cost: \$90.00 per month (2 days per week inclusive)

Ages: 4-10 years

Date	Time	Day of Week	Code
Jan 4-June 21	5:30-6:30pm (gym)	Tuesday	GMG1
Jan 5-June 22	4:00-5:00pm (studio)	Wednesday	

This unique program was designed to help figure skaters meet the technical demands of their sport. Using techniques derived from gymnastics, skaters will develop flexibility, core strength and extension through exercises and movements.
Book private, semi private or small group sessions with Cassandra.

**FLEX'N
STRETCH**

Cost: \$140.00 per month (3 days per week inclusive)

Date	Time	Day of Week	Code
Sept 7	3:45-5:15pm	Tuesday	PCRG
	2:30-3:30pm	Thursday	
Sept 18	2:30-4:00pm	Saturday	

**PRE COMPETITIVE
RHYTHMIC
GYMNASTICS**

Cost: \$125.00 per month (2 days per week inclusive)

Date	Time	Day of Week	Code
Sept 9	3:00-5:00pm	Thursday	PSRG
Sept 18	2:30-4:00pm	Saturday	

**PERFORMING
STARS
RHYTHMIC
GYMNASTICS**

Cost: \$300.00 per month (4 days per week inclusive)

Date	Time	Day of Week	Code
Sept 7	3:45-5:30pm	Monday	CRG
	3:45-6:00pm	Tuesday	
	3:00-6:00pm	Thursday	
	3:45-6:00pm	Friday	

**COMPETITIVE
RHYTHMIC
GYMNASTICS**

SMASH'N TUMBLE

It's BACK! This is another of our most popular gymnastics combo programs. Participants will learn the basics of gymnastics and badminton in a safe and fun environment. (Participants start in Gymnastics, unless there are enough children to split the class)

Cost: \$60.00 per month

Ages: 3-6 years

Date	Time	Day of Week	Code
Sept 13-June 20	4:30-5:30pm	Monday	GST1
Sept 7-June 21	1:00-2:00pm	Tuesday	GST2
Sept 9-June 23	11:00-12:00pm	Thursday	GST3

This is another of our most popular gymnastics combo programs. Participants will learn; the basics of gymnastics and tennis in a safe and fun environment.

VAULTS'N VOLLEYS

Cost: \$90.00 per month

Ages: 4-6 Mondays; 3-5 Fridays

Date	Time	Day of Week	Code
Sept 13-June 20	1:00-2:30pm	Monday	GVV1
Sept 10-June 24	10:30-12:00pm	Friday	GVV2

Come out to learn the Olympic sport of Rhythmic Gymnastics. Have fun and earn badges as you work through the Prism levels: Rainbow, Red, Orange, Yellow, Green, Blue and Violet. Work towards performing, pre-competitive and competitive levels. You will have the opportunity to perform at events within the club and around the city! This class is held in the fitness Studio.

RAINBOW RHYTHMICS

Cost: \$50.00 per month or \$15.00 per day

Ages: 5-10 years

Date	Time	Day of Week	Code
Sept 9-June 23	5:00-6:00pm	Thursday	GRG1
Sept 10-June 24	6:00-7:00pm	Friday	GRG2
Sept 18-June 26	1:30-2:30pm	Saturday	GRG3