

2009 – 2010 GYMNASTICS ACTIVITY AND INFORMATION GUIDE

AS OF AUGUST 31, 2009

GYMNASTICS



Cassandra Chau
Head Professional
cassandra.chau@royalglenora.com
482-2371 extension 276

Assistant Professionals:

Lauren Wig, Annetta Kratovchil, Lisel Gitzel, Jennifer Thai

Fall/Winter/Spring

- 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 \$22 AGF fee and/or a \$20 RGA membership fee; which provides insurance protection against accidents and injuries. This membership is valid for one year from the date of registration.
- Coaches for each class are listed, but 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 2010. 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
- Winter Break is December 23/09 to January 8/10
- No classes during 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.

BABY GYM

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 journey of self-discovery and growth. Cassandra coaches this class.

Ages: 2 months to crawling
Cost: \$40.00 per month
\$13.00 per class

<u>Date</u>	<u>Time</u>	<u>Days of the week</u>	<u>Code</u>
Sept 14-June 21	9:30 am-10:00 am	Monday	BGP1

TOTS OPEN GYM

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. This is class coached by Cassandra on Fridays and Jennifer on Saturdays.

Ages: Walking to 3 years old
Cost: \$30.00 per month
\$10.00 per day

<u>Date</u>	<u>Time</u>	<u>Days of the week</u>	<u>Code</u>
Sept 11- June 25	9:30 am -10:00 am	Friday	TOG1
Sept 12 - June 26	9:30 am -10:00 am	Saturday	TOG2

PARACHUTE TIME

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! This class coached by Cassandra.

Ages: 2-4 years old
Cost: \$90.00 per month
\$20.00 per day

<u>Date</u>	<u>Time</u>	<u>Days of the week</u>	<u>Code</u>
Sept 8 - June 22	9:30 am -11:00am	Tuesday	GPT1

GYM TOTS

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. The Monday, Thursday and Friday class is coached by Cassandra and on Saturday it is coached by Jennifer.

Ages: 2-3 years old
Cost: \$30.00 per month
\$10.00 per day

<u>Date</u>	<u>Time</u>	<u>Days of the week</u>	<u>Code</u>
Sept 14 - June 21	10:00 am - 10:30 am	Monday	GTT1
Sept 10 - June 24	11:30 am - 12:00 pm	Thursday	GTT2
Sept 11 - June 25	10:00 am - 10:30 am	Friday	GTT3
Sept 12 - June 26	10:00 am - 10:30 am	Saturday	GTT4

RHYTHM AND TUMBLE

This program combines two wonderful aspects of gymnastics in one great class. We will learn the fundamentals of rhythmic and artistic gymnastics in a fun and safe environment. Cassandra coaches the class.

Ages: 2 - 4 years
Cost: \$40.00 per month
\$13.00 per day

<u>Date</u>	<u>Time</u>	<u>Days of the week</u>	<u>Code</u>
Sept 14 - June 21	1:00 pm- 1:45 pm	Monday	GRT1
Sept 8 - June 22	12:15 pm-1:00 pm	Tuesday	GRT2

KINDERGYM

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. The Monday through Friday classes are coached by Cassandra and the Saturday class is coached by Jennifer.

Ages: 3 - 5 years old
Cost: \$40.00 per month
\$13.00 per day

Date	Time	Days of the week	Code
Sept 14 - June 21	10:30 am- 11:15 am	Monday	GKG1
Sept 8 - June 22	11:00 am - 11:45 am	Tuesday	GKG2
Sept 9 - June 23	5:30 pm - 6:15 pm	Wednesday	GKG3
Sept 10 - June 24	9:45 am - 10:30 am	Thursday	GKG4
Sept 11 - June 25	1:00 pm - 1:45 pm	Friday	GKG5
Sept 12 - June 26	10:30 am - 11:15 am	Saturday	GKG6

KINDER-RHYTHMICS

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 with Cassandra coaching Tuesday, Thursday, and Friday and Lauren on Saturday.

Ages: 3 - 5 years
Cost: \$50.00 per month
\$15.00 per day

Date	Time	Days of the week	Code
Sept 8 - June 22	2:00 pm- 3:00 pm	Tuesday	KGR1
Sept 10 - June 24	1:00 pm - 2:00 pm	Thursday	KGR2
Sept 11 - June 25	2:00 pm - 3:00 pm	Friday	KGR3
Sept 12 - June 26	2:30 pm - 3:30 pm	Saturday	KGR4

VAULTS AND VOLLEYS

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. The gymnastics portion of the class is coached by Cassandra. (Participants start with Tennis on Monday, and Gymnastics on Friday)

Ages: 4 – 6 Mondays; 3-5 Fridays
Cost: \$90.00 per month (NO DROP IN)

**New!! Held on
RGC Outdoor Crts till
Indoor Crts reopen**

Date	Time	Days of the week	Code
Sept 11 - June 25	10:30 am - 12:00 pm	Friday	GVV2
Sept 14 - June 21	1:00 pm- 2:30 pm	Monday	GVV1

SMASH AND 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. This class is coached by Annetta on Monday, Cassandra on Tuesday and Thursday. (Participants start in Gymnastics, unless there are enough children to split the class)

Ages: 3 - 6
Cost: \$60.00 per month
\$18.00 per day

<u>Date</u>	<u>Time</u>	<u>Days of the week</u>	<u>Code</u>
Oct 5 - June 21	4:30 pm - 5:30 pm	Monday	GST1
Oct 6 - June 22	1:00 pm - 2:00 pm	Tuesday	GST2
Oct 8 - June 24	10:30am – 11:30am	Thursday	GST3

RAINBOW RHYTHMIC GYMNASTICS

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 coached by Cassandra/Jennifer on Thursday and by Lauren on Saturday and is held in the fitness Studio.

Ages: 5-10 years old

Cost: \$50.00/ month; \$15/ Daily

<u>Date</u>	<u>Time</u>	<u>Days of the week</u>	<u>Code</u>
Sept 10 - June 24	5:00 pm- 6:00 pm	Thursday	GRG1
Sept 12 - June 26	1:30 pm - 2:30 pm	Saturday	GRG2

PRE-COMPETITIVE RHYTHMIC GYMNASTICS

This class is coached by Cassandra on Tuesday, Cassandra and Jennifer on Thursday and Lauren on Friday.

Cost: \$140.00 per month

<u>Date</u>	<u>Time</u>	<u>Days of the week</u>	<u>Code</u>
Sept 8 – TFN	3:45 pm- 4:45 pm	Tuesday	
	2:00 pm - 3:30 pm	Thursday	
	3:45 pm - 4:45 pm	Friday	

COMPETITIVE RHYTHMIC GYMNASTICS

This class is coached by Cassandra on Tuesday, Cassandra and Jennifer on Thursday and Lauren on Friday.

Cost: \$250.00 per month

<u>Date</u>	<u>Time</u>	<u>Days of the week</u>	<u>Code</u>
Sept 8 – TFN	4:00 pm- 6:00 pm	Tuesday	
	3:00 pm - 6:00 pm	Thursday	
	4:00 pm - 6:00 pm	Friday	

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. This class is coached by Annetta on Monday, Cassandra/Lisel on Wednesday, Lauren on Saturday and Jennifer with Beginner CANGYM on Saturday.

Ages: 5 - 10

Cost: \$50.00 per month

\$15.00 per day

<u>Date</u>	<u>Time</u>	<u>Days of the week</u>	<u>Code</u>
Sept 14 - June 21	5:30 pm- 6:30 pm	Monday	GCG1
Sept 9 - June 23	4:30 pm - 5:30 pm	Wednesday	GCG2
Sept 12- June 26	12:15 pm -1:15 pm	Saturday	GCG3

BEGINNER CANGYM (4-6 year olds)

Ages: 4 - 6
Cost: \$50.00 per month
\$15.00 per day

<u>Date</u>	<u>Time</u>	<u>Days of the week</u>	<u>Code</u>
Sept 12- June 26	11:15am-12:15pm	Saturday	GCG4

BOYS GYM

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. Monday's class is coached by Annetta, Wednesday by Cassandra and Saturday by Lauren.

Ages: 4 - 9
Cost: \$50.00 per month
\$15.00 per day

<u>Date</u>	<u>Time</u>	<u>Days of the week</u>	<u>Code</u>
Sept 14- June 21	6:30 pm - 7:30 pm	Monday	BGG1
Sept 9 - June 23	6:15 pm - 7:15 pm	Wednesday	BGG2
Sept 12 - June 26	3:45 pm - 4:45 pm	Saturday	BGG3

FLEX & STRETCH

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. Coach: Cassandra/Jennifer/Lauren.

Cost: \$90.00 per month

<u>Date</u>	<u>Time</u>	<u>Days of the week</u>	<u>Code</u>
Sept 8- June 25	6:05-6:35pm	Tuesday	GFS1
	6:05-6:35pm	Thursday	GFS1
	6:05-6:35pm	Friday	GFS1

PRIVATE LESSONS

Improve your core strength, flexibility, balance, and muscle tone with private lessons with your gymnastics professional. Great for any sport you may be involved in!

- \$30/ 30 minutes; semi-private \$35
- \$40/ 45 minutes; semi-private \$50
- \$55/ 60 minutes; semi-private \$65
 - ✓ Classes are cancelled on all holidays, unless otherwise posted
 - ✓ Winter Break is December 23/09 to January 8/10
 - ✓ No classes during 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.

Gymnastics										
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
8:00 AM								8:00 AM		
9:00 AM								9:00 AM		
	BGP1 Baby Gym	GPT1 Parachute Time		GKG4 Kindergym	TOG1Tots OPEN Gym	TOG2Tots OPEN Gym				
10:00 AM	GTT1 Gym Tots				GTT3 Gym Tots	GTT4 Gym Tots		10:00 AM		
	GKG1 Kindergym			GST3 SmsH & Tmbl		GKG6 Kindergym				
11:00 AM								11:00 AM		
		GKG2 Kindergym		GTT2 Gym Tots	GVV2 Vlts & Vlys (1030apm Tennis)	GCG4 Bgnr CanGym				
12:00 PM									12:00 PM	
		GRT2 Rhythm & Tumble				GCG3 CanGym				
1:00 PM	GRT1 Rhythm & Tumble	GST2 SmsH & Tmbl		KGR2 Kinder-Rhythmics	GKG5 Kindergym			1:00 PM		
2:00 PM	GVV1 Vlts & Vlys (1pm Tennis)	KGR1 Kinder-Rhythmics			KGR3 Kinder-Rhythmics	GRG2 Rainbow Rhythmic Gym		2:00 PM		
3:00 PM						KGR4 Kinder-Rhythmics		3:00 PM		
				Pre-Comp 2-330p & Competitive 3-6p Rhythmic Gymnastics						
4:00 PM		Pre-Comp 345-445p & Competitive 4-6p Rhythmic Gymnastics				Pre-Comp 345-445p & Competitive 4-6p Rhythmic Gymnastics	BGG3 Boys Gym		4:00 PM	
				GCG2 CanGym						
5:00 PM	GST1 SmsH & Tmbl				GRG1 Rainbow Rhythmic Gym					5:00 PM
6:00 PM	GCG1 CanGym	GFS1 Flex & Stretch	GKG3 Kindergym	GFS1 Flex & Stretch				6:00 PM		
	BGG1 Boys Gym		BGG2 Boys Gym							
7:00 PM								7:00 PM		
8:00 PM								8:00 PM		
9:00 PM								9:00 PM		

REGISTRATION Information

HOW?

- The fastest and most efficient way to register for ANY PROGRAM is to go ON LINE to www.royalglenora.ca and click on **Login to Court Bookings and Program Registrations**. The waiver and cancellation policy are included with each completed Program Registration. If you require assistance simply call the desk...OR
 - Complete a registration form.
 - Your account number and information must be legible.
 - Phone Member Services at 482-2371 (Registration complete when form is signed.)
 - Fax to Member Services at 482-0867.
 - Drop off at the Member Services Desk.
 - Additional Registration forms and Program information available online NOW at www.royalglenora.ca

WHEN?

- Some programs have minimums or maximums that can affect whether we will cancel or make changes.
- Register a minimum 72 hours in advance of first class to avoid disappointment.

PAYMENT?

- Check to see how each program is billed. Some are monthly, some are seasonal, and some are annual.
- Please note that most programs will be charged directly to your account upon registering.
- Clinics and workshops, payment is due upon registration.
- Payment may be paid by charging to your member account or cash, Visa, MasterCard, American Express, or personal cheque (Payable to Royal Glenora Club)
- Non-members may register for programs up to 1-week prior with full payment required in advance.
- As per Club Policy, non-members pay double for registered programs. High Performance, Elite, Competitive, Power Skating, and CanSkate programs are exempt from this policy.
- Member's guests may participate in programs with the Member at the same rate as the member plus the daily guest fee for the duration of the program. This guest is still subject to Club policy dictating a maximum 12 visits throughout each fiscal year. (June 1 – May 31).
- Please contact the Sport Professional or Sport Manager for further information and to register.

CANCELLATION POLICY?

- Registrants must cancel 72 hours prior to the program start date to avoid full billing charge. *Cancellations must be received in writing.*
- Registrants withdrawing after the start date without medical reasons will be charged in full. *Cancellations must be received in writing.*
- Cancellations for private or semi-private lessons (including private swimming lessons and personal training) will be accepted up to 24 hours in advance or 50% of the lesson cost will be charged.
- Non -attendance in a class does not constitute a withdrawal.
- Pro-rating will not be permitted unless otherwise indicated in the GuideThere will be no cancellation charge for members unable to attend a program due to changes in time or date made by the Sports Department.

General Registration

Today:
Rec'd by:
Processed:

*Participant's Last Name	*Participant's Usual First Name	*Member Account Number
*Parent/Guardian Last Name	*Parent/Guardian First Name	*Birthdate/Age
*Daytime Phone	*Cellular Phone	*E-Mail Address
*A. H. C. #	*Medical Conditions/Allergies	
*REQUIRED INFORMATION		

Emergency Contact: _____ Ph#1 _____ Ph#2 _____ Relationship _____

The Royal Glenora Club and I, the undersigned, understand the risks and dangers that are inherent with participation in any activity. These risks/dangers include, but are not limited to: loss or damage of personal property; physical injury; and that the risks/dangers increases as he/she becomes fatigued. Participation is voluntary and done with my permission and I understand there are risks involved. I am solely responsible for any injury, loss or damage that my child may sustain during the participation in this activity.

I have read the Cancellation Policy (Initial): _____
I consent to photos published of myself or above participants for RGC purposes only (Initial): _____

Signature _____ of _____
 Participant/Parent/Guardian _____
 Participant's Name

This registration page is the only detailed information the Club will collect while the current Guide (Summer or Fall/Winter/Spring) is valid. Specific program registration will be a separate page and will be filed with this page. We will collect: first and last name, name of program and code, and payment information. The shorter form will also act as an official receipt for either Child Care or the "Children's Fitness Tax Credit" for the current tax year.

FILL THIS FORM OUT ONLY ONCE PER SEASON PER PERSON

Program Registration Form

Today's Date:
Rec'd by:

Here's how it works:

Fill out this form COMPLETELY before submitting.
 Be sure to READ and SIGN: Refund Policy, and Waiver.
 Drop off COMPLETED form to Member Services.
 Or register yourself On Line at www.royalglenora.ca (Ask us how!)

Last Name		First Name	
Account Number	Contact Number	2 nd Contact Number	
Birth date (MM/DD/YY)		We cannot accept NON MEMBER registration (even if waiting list exists) without payment.	
Course Code:	Course Name:	Date of Course:	Cost:
Course Code:	Course Name:	Date of Course:	Cost:
Course Code:	Course Name:	Date of Course:	Cost:

Cancellation Policy

Cancellation is required 72 hours in advance and refunds will ONLY be issued before the second class. No refunds after the second class in whole or in part unless there is a valid medical reason.

Absence does not constitute a cancellation or withdrawal.

Cancellations CANNOT BE DONE "ON-LINE" and must be in writing using the proper Cancellation Form before the start of the second class and handed in at Member Services.

Late registrations may be accepted provided the instructor has room and will approve the registration. No refunds will be issued late registration withdrawals.

Waiver

The Royal Glenora Club and I, the undersigned, understand the risks and dangers that are inherent with participation in the above activities. These risks/dangers include, but are not limited to: loss or damage of personal property; physical injury; and that the risks/dangers increases as he/she becomes fatigued. Participation is voluntary and done with my permission and I understand there are risks involved. I am solely responsible for any injury, loss or damage that my child may sustain during the participation in this activity.

Other

Submitting this form means you have submitted a **General Registration Form** with complete contact information. Submitting this form does not guarantee a place in the program or class. Some programs and or classes have restrictions based on: age, skill level, minimums or maximums. Waiting lists may be created and instructors are required to notify members of that list. Non-members are required to pay an additional guest fee equal to the fee of any class and pay the entire amount in advance including GST. Member's Guests are required to register and pay a guest fee in order to participate in any class.

Name of Participant

Date



Sport/Programming Cancellation Form

Drop off: Member Services
E-Mail: "memberservices@royalglenora.com"
Fax: 780 – 482 - 0867

Name of Participant (Please PRINT) :	
Program Code (ONLY):	
Sport/Program:	
Today's date:	
Reason for Cancellation:	
Signature of Participant or Guardian	
Account Number:	
Member Services Initials:	Effective Date (today +3 days):

› **REGISTRANTS MUST CANCEL IN WRITING 72 HOURS PRIOR TO PROGRAM START TO AVOID FULL BILLING CHARGE.**

› **REGISTRANTS WITHDRAWING AFTER THE START DATE WILL BE CHARGED IN FULL, UNLESS THERE IS A VALID MEDICAL REASON.**

› **ABSENCE DOES NOT CONSTITUTE WITHDRAWAL OR CANCELLATION.**

› **Private Lessons and Swimming Lessons require 24-hour notice. Less than 24-hour notice will result in 50% of lesson billing.**

› **No Cancellation charges will apply if Members are unable to attend due to program changes of date or time by the Sports Department.**

› **Check Program Guide for Pro-rating, if applicable.**

› **Check Program Guide for complete details**

Exceptions are made for medical reasons ONLY