



2014 - 2015 ARGO RECREATIONAL 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.

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.

Fall Session:

Class	Age	Birth Year	Day	Location	Time	Fee
Parent & Tot	1-3	2011-2013	Wednesday	Deer Lodge CC	5:00-5:45	\$100
Tiny Tots	3-4	2010-2011	Wednesday	Deer Lodge CC	6:00-6:45	\$100
IRG 1	5-6	2008-2009	Tuesday	Robert Browning	6:00-7:00	\$130
IRG 2	7-9	2005-2007	Tuesday	Robert Browning	7:00-8:00	\$130
IRG 1	5-6	2008-2009	Wednesday	Pacific Junction	6:00-7:00	\$130
IRG 2	7-9	2005-2007	Wednesday	Pacific Junction	7:00-8:00	\$130
Advanced IRG*	6-9	2005-2008	Friday	Dieppe School	6:00-7:30	\$160

*Advanced IRG is for those who have previous gymnastic experience and have completed the Rainbow, Red, and Orange levels of the PRISM program

IRG Robert Browning starts the week of September 22nd

Parent & Tot, Tiny Tots, IRG Pacific Junction, Advanced IRG starts the week of September 29th

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Winter Session:

Class	Age	Birth Year	Day	Location	Time	Fee
Parent & Tot	1-3	2011-2013	Wednesday	Deer Lodge CC	5:00-5:45	\$100
Tiny Tots	3-4	2010-2011	Wednesday	Deer Lodge CC	6:00-6:45	\$100
IRG 1	5-6	2008-2009	Tuesday	Robert Browning	6:00-7:00	\$130
IRG 2	7-9	2005-2007	Tuesday	Robert Browning	7:00-8:00	\$130
IRG 1	5-6	2008-2009	Wednesday	Pacific Junction	6:00-7:00	\$130
IRG 2	7-9	2005-2007	Wednesday	Pacific Junction	7:00-8:00	\$130
Advanced IRG*	6-9	2005-2008	Friday	Dieppe School	6:00-7:30	\$160

*Advanced IRG is for those who have previous gymnastic experience and have completed the Rainbow, Red, and Orange levels of the PRISM program

All classes start the week of January 26th

Advanced Display Class (Full Year):

Advanced Display classes are a program for those who have completed the IRG Program or who have had previous gymnastics or dance experience and wish to perform as part of a non-competitive group. The main focus of Display is to build and master fundamental movement patterns of gymnastics and perform non-competitive routines in a variety of venues. The gymnasts will have the opportunity to combine intermediate 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 year the gymnasts will be awarded with PRISM colour-coded level ribbons. During the year gymnasts will be given the opportunity to perform at the ARGO Club Displays, the ARGO Invitational, and Provincial Gymnaestrada.

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Full Year Programs:

Class	Age	Birth Year	Day	Location	Time	Fee
Advanced Display	7-12	2002-2007	Friday	Dieppe School	6:00-8:00	\$600

Full year programs start the week of September 22nd and run until the beginning of June (after Provincial Gymnaestrada).

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).

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PAYMENT INFORMATION:

Please make all cheques payable to ARG.O. All registration forms and payment must be submitted before your child can participate in class.

All fees include:

- Classes & Club Displays
- RGM Membership Fees, for 10 week sessions \$13.00, Display \$40.00
- Fundraising Levy of \$50.00
- Photos: Individual & Group \$20.00
- Year End Banquet \$20.00

**Fundraising Levy, Photos and Year End Banquet are for full year programs only

*****Additional Costs will include a club Bodysuit for full year recreational classes and a black tank bodysuit for 10-week classes*****

A full refund for all classes can be made up to **October 15th, 2014** with a letter to the parent committee.

Early Bird Special (10 week programs):

If you register for both the fall & winter sessions before August 31, 2014, the total fee will be \$225! That is a discount of \$35!!

Early Bird Special (full-year programs):

If you register before August 31, 2014, the volunteer bond fee will be waived.

Please mail completed registration form and payment to:

ARGO c/o Jacqueline Nordstrom
452 Conway Street
Winnipeg, Manitoba
R3J 2M8

Please direct questions/inquiries regarding registration to Irene Ross at 832-9673
Or e-mail ARGO at argorg@shaw.ca

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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 #: _____

Emergency Contact Information:

Name: _____
Home Phone: _____
Work Phone: _____
Cell Phone: _____
E-mail: _____
Relationship
To Gymnast: _____

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

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REGISTRATION FORM B:

10-Week Programs			
Class	Hours	Fee	Payment Option
Parent & Tot	45 min	\$100	<input type="checkbox"/> In full: cheques dated September 15, 2014
Tiny Tots	45 min	\$100	<input type="checkbox"/> In full
Intro to RG 1 Location: _____	1 hr	\$130	<input type="checkbox"/> In full
Intro to RG 2 Location: _____	1 hr	\$130	<input type="checkbox"/> In full
Full Year Programs			
Advanced Display	2 hrs	\$600	<input type="checkbox"/> In full*: cheques dated September 15, 2014 <input type="checkbox"/> In two payments: \$300, dated September 15, 2014; \$300 dated January 15, 2015

To receive the *EARLY BIRD SPECIAL* you must register by **August 31st**

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.

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. 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: _____

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ARGO VOLUNTEERISM (full year programs only)

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 the ARGO Competition and at least one or more events during the year.** 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. 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.) ** See handbook for policies in place.

Signature of legal Parent/ Guardian: _____

Date: _____

****Families registering in our Introduction to Rhythmic Gymnastics programs will have the volunteer bond fee waived, however, any and all volunteer time or fundraising assistance you can support would be greatly appreciated.**

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