



Rhythmic West Gymnastic Club

January 2017

Heather Palmer - Head Coach

h.palmer@shaw.ca

Rhythmic West

www.rgcalgary.ca

Rhythmic West Spring Shows

Sunday March 12, 2017

William Aberhart High School

3009 Morley Trail NW

Hidden Valley/Captain John Palliser

Gymnasts arrive at 12:45 PM - show at 1:15 PM

Edgemont/12 Mile Coulee

Gymnasts arrive at 2:30 PM - show at 3:00 PM

***Hidden Valley Performance Team - (7:00 - 8:30 class)
you will be performing at **both** of the shows!**

Our Spring Show is in two parts. It is being held at a large high school gymnasium with bleachers, providing room for gymnasts to invite parents, relatives and siblings. The purpose of the spring show is to allow the gymnasts an opportunity to share the routines they have been working on through the year. It is also an opportunity for younger gymnasts to enjoy and learn from the performances of older gymnasts. The spring show is an informal friendly event, rather than a highly polished production. If your child is unable to attend this event, please let one of the coaches know so that they can plan accordingly. Admission is \$8 per person to cover facility rental costs. Children 12 and under are free. Any profits from this show will go towards expenses for the National Gymnaestrada in Richmond BC in June 2018.

Spring Show Volunteers We will need 3 or 4 female helpers at the show to escort young gymnasts to the washroom as needed and to chaperone. Please let Heather know if you are able to help H.Palmer@shaw.ca. If you take on this role you will still be able to see most of the show.

Highlights

- Spring Shows
- Important dates
- Tax Receipts
- Volunteers
- Costumes
- Spring Sessions

Child Tax Credit

- tax credit receipts will be sent home in February.

Important Dates

See www.rgcalgary.ca

Volunteers Needed for Spring Show

Costumes

Performance costumes pieces for the spring show will be sent home in February. Gymnasts may wear their costume to class if they wish. Costume pieces should be washed in cold water on a gentle cycle and laid flat to dry. Gymnasts need to have a black bodysuit to wear under the costume piece. Coaches have a limited number of body suits for sale at \$25. We are holding back the accessories until closer to the show so that they do not get lost.

Class Schedule

The schedule can be found on our website www.rgcalgary.ca. Please check the website frequently for date changes. The calendar on the website is kept up to date as well. No other notices will be sent home so please mark these dates on your calendar.

Spring Session

We will once again be holding Spring Sessions. Watch for registration information coming home with your child and on our website.

Please feel free to print off the information below to invite friends and family.

Rhythmics West

Spring Show

**Sunday March 12,
2017**

William Aberhart High
School
3009 Morley Trail NW

**Hidden Valley and
Capt. John**

Gymnasts arrive at
12:45 PM - Show at
1:15 PM

Admission \$8
12 and under free



Rhythmics West Gymnastic Club

Rhythmics West

Spring Show

**Sunday March 12,
2017**

William Aberhart High
School
3009 Morley Trail NW

**Edgemont and
12 Mile Coulee**

Gymnasts arrive at
2:30 PM Show at 3:00
PM

Admission \$8
12 and under free



Rhythmics West Gymnastic Club