



Rhythmic West Gymnastic Club

January 2018

Heather Palmer - Head Coach

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# Rhythmic West

[www.rgcalgary.ca](http://www.rgcalgary.ca)

## Rhythmic West 20th Anniversary

### Spring Shows!

**Saturday March 10, 2018**

William Aberhart High School

3009 Morley Trail NW

**Edgemont/12 Mile Coulee**

**Gymnasts arrive at 4:00 PM - Show at 4:30 PM**

**Hidden Valley/William Pratt**

**Gymnasts arrive at 6:15 PM Show at 6:45 PM**

#### Highlights

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

Spring Show  
\$8 per person  
12 and under free

Cash Only  
Please bring exact  
cash to speed up  
admission

#### Important Dates

See  
[www.rgcalgary.ca](http://www.rgcalgary.ca)

Volunteers  
Needed  
for Spring  
Show

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. Gymnasts are looking forward to the opportunity to share the routines they have been working on through the year. 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. Please bring exact cash to speed up admission.

#### **We are so excited to be celebrating our 20<sup>th</sup> year!**

**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](mailto:H.Palmer@shaw.ca). If you take on this role you will still be able to see most of the show.

### Costumes

Performance costumes pieces for the spring show will be sent home in late January/early 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](http://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.

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