



## Rhythmic West Gymnastic Club

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FALL 2018

Contact: Heather

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

Rhythmic West Gymnastic Club is going into its 21th season! We welcome back all our returning gymnasts and a special welcome to gymnasts who are new to our club.

**Important Dates** – please see the online calendar at [www.rgCalgary.ca](http://www.rgCalgary.ca). Only the important dates are marked such as starting, ending and cancelled classes.

### Gym Attire and Slippers For SALE

\$25 for Body Suits

\$20 for Shorts

\$20 for Toe Slippers

For body wear, please email Heather at [h.palmer@shaw.ca](mailto:h.palmer@shaw.ca) with your child's name, class location, size required and method of payment. Your order will be delivered to your child's class. All orders must be received by **October 1** for a fall delivery. All gymnasts require a black body suit for the Spring Show. The size chart is on the second page of this newsletter.

**(Gym Attire will not be available for purchase from the coaches and must be pre-ordered)**

Toe slippers are available from your child's coach for \$20.



**The Child Fitness Tax Credit no longer exists. If you would like a receipt for other purposes please request one from Heather at [h.palmer@shaw.ca](mailto:h.palmer@shaw.ca).**

### What to Wear

Visit our website for a description of appropriate clothing.

**For safety: Long hair must be tied back.**

Please have your gymnast visit the washroom **BEFORE** every class!

Water bottles only in the gym. **No juice or sport drinks.** Thank you.

All of our classes are 'closed' meaning that spectators are not allowed in the gym during class times.

Please watch for our upcoming fundraising opportunities. You are not obligated to participate but we sure do appreciate if you can. Funds go to: coach development, equipment replacement and updating and special events such as Gymfests and Gymnasestras!

<b>Child Leo</b>		Small SC (6-6X)	Intermediate IC (7/8)	Medium MC (10/12)	Large LC (14)
<b>Chest</b>	in	24 - 26	26 - 28	28 - 31	31 - 33
	cm	61 - 66	66 - 71	71 - 79	79 - 84
<b>Waist</b>	in	23 - 24	24 - 25	25 - 27	27 - 29
	cm	58 - 61	61 - 64	64 - 69	69 - 74
<b>Hips</b>	in	25 - 27	27 - 29	29 - 32	32 - 36
	cm	67 - 69	69 - 74	74 - 81	81 - 91
<b>Girth</b>	in	40 - 44	44 - 47	47 - 51	51 - 55
	cm	102 - 112	112 - 119	119 - 130	130 - 140

<b>Adult Leo</b>		Small SA (2/4/6)	Medium MA (8/10)	Large LA (12/14)
<b>Bust</b>	in	33 - 36	36 - 38	38 - 41
	cm	84 - 91	91 - 97	97 - 104
<b>Waist</b>	in	25 - 28	28 - 30	30 - 33
	cm	64 - 71	71 - 76	76 - 84
<b>Hips</b>	in	34 - 37	37 - 40	40 - 43
	cm	86 - 94	94 - 102	102 - 109
<b>Girth</b>	in	56 - 60	60 - 63	63 - 66
	cm	142 - 152	152 - 160	160 - 168

Girth is the most important measurement. Please measure carefully as body wear is non-returnable.

