

# Our Programs



## PRISM

In the PRISM program, gymnasts will earn one of 7 colored pins based on participation and the skills they complete in class. Gymnasts will use ribbons, hoops, balls, ropes, and scarves. They work on routines for the spring show held each year at the end of the term. Prism classes are divided into Prism I and Prism II. A costume piece is included in the fee.

## ACRO DANCE

Gymnasts will develop their floor and partner acro skills. Gymnasts are grouped by their abilities. Skills may include: bridges, headstands, handstands, cartwheels front/back walkovers, splits, rolls, one-arm cartwheels and walkovers, chest stands, elbow stands, roll-over-bridges. Acro skills will be integrated into a rhythmic dance routine for the spring show. A costume piece is included in the fee.

## BODY TECHNIQUE

This class is for gymnasts who wish to work on their turns, leaps, jumps, balances, flexibility, core strength, cross floor sequences and other techniques. This class is highly recommended for gymnasts registered in any of the Performance Teams.



## PERFORMANCE TEAM

Performance Team gymnasts train routines for various events including our Spring Show and Gymfests or Gymnaestradas. This is a non-competitive group that enjoys performing. There are additional costs related to participating in Gymnaestradas/ Gymfests. Performance Team members are supplied with a costume piece for the spring show that must be returned at year end.

## INTRODUCTORY

We now have an introductory 10 week program for gymnasts who want to try the sport. This program will run from October to December. If there is interest, we will run another 10 week program from January to March. This program does not include a costume piece.

## ADULT RG and Stretch

New this year is an adult Rhythmic Gymnastic program. Come on out and have *your* turn with the ribbon. This will be a fun a supportive class. No experience necessary.



**Rhythmic West Gymnastic Club**

*Celebrating our 20<sup>th</sup> year!*

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



Day	Location	Programs	Ages	Time	Yearly Fee
Monday	Hidden Valley School 10959 Hidden Valley Dr. NW	Prism I	5 – 7 yrs	6:00 – 7:00	\$330
		Prism II	8 +	6:00 – 7:00	\$330
		Performance Team	By invitation	7:00 – 8:30	\$440
Tuesday	William D Pratt 9850 Royal Oak Way NW	Body Technique Class **recommended for all performance team members	8 +	6:30 – 7:30	\$220
		NEW Adult Rhythmic & Stretch	17 +	7:30 – 8:30	\$220
Wednesday	Edgemont Com. Center 33 Edgevalley Circle NW	Prism I	5 – 7 yrs	5:00 – 6:00	\$330
		Prism II	8 +	5:00 – 6:00	\$330
		Junior Performance Team 2 + years gym/dance experience	9 +	5:00 – 6:00	\$330
		Acro Dance and Gymnastics	6 +	5:00 – 6:00	\$330
Wednesday	Buffalo Rubbing Stone 1308 Panatella Blvd. NW	Introductory 10 week program – Oct. to Dec. ** Does not include costume piece	5 – 7 yrs	6:30 – 7:30	\$120
Wednesday	12 Mile Coulee School 65 Tuscany Hills Road NW	Prism I	5 – 7 yrs	6:30 – 7:30	\$330
		Prism II	8 +	7:30 – 8:30	\$330
		Junior Performance Team 2 + years gym/dance experience	9 +	7:30 – 8:30	\$330
Thursday	Captain Nicola Goddard 405 Panatella Blvd. NW	Introductory 10 week program – Sept. to Dec. ** Does not include costume piece	8 +	6:30 – 7:30	\$120