

Victoria Rhythmic Gymnastics Season 2011-2012

Hello everyone, we are super excited for our upcoming season! We have tried to offer more options for everyone- Recreation, Performance, Ladies, Pre Competitive, Competitive! There are some changes to the schedule from last year

- Wednesdays and Saturday have become our performance training day, for athletes wanting to be challenged but not keen or ready yet for Competition - great for kids who have taken a full year and want more challenges.

- **There are aspects of Ballet in each of our programs and additional personal time is available upon request.**

- **Ladies class**, Monday night works for you, or if not we could arrange Wednesday

Please email Rachel Barb at victoriarg@shaw.ca with questions or ideas

Recreation: (Sparkles and Spirits) This class is perfect for girls who are just joining us & wanting to learn the basics of Rhythmic Gymnastics while having tons of fun! Your daughter will be introduced to the basic apparatus skills, flexibility, coordination & grace. ****This is the only program that you are able to sign up for a short period, ie 6 - 8 weeks.

o **Ages 6-12** **4:45pm- 5:30 pm**

Ages 3-5 **5:30 pm-6:00 pm**

Saturday: Ages 3-5 **9am-9:30am**

Ages 6-12 **9:45am-10:30am**

Performance:(prev. Espoire) This class is for the girls who love their experience with us & are excited to perform in a group with many different apparatus. This class will focus on apparatus skills, team work, coordination & grace! This class will have at least two performance routines if not more. There will be at least five opportunities to perform these routines. Younger athletes in this program will be working on performance goals to be part of Gymnaestradas in different parts of BC, and eventually be Team 2014 to the National Gymnaestada. This year we have the rare & amazing opportunity of taking our performance team (including girls on our competitive team) to Switzerland for the World Gymnastrada! I

Wednesday: **Ages 5-10** **4pm- 5 pm**

Saturday: (there will be two age group at same time) **10:30 - 11:30, with an option to stay until 12 noon if you/ your coach suggest it.**

Ladies Class: This class is great for all ladies!!! Retirees, Young ladies, Moms, Friends, Aunts and Grammas come on out & get some light exercise! We would love to have everyone. This class is lots of fun learning all the different aspects of Rhythmics because you are never too old. This class will perform (but it is not required of you) on a few different occasions. It is a great way to express your self & stay active.

Monday: **Ages 16 & up** **6:00 - 6:45 pm - fun light exercise**

Pre-Competitive: This class is for gymnasts who have experienced Rhythmic Gymnastics before & are ready for more! It is the basis to move to our competitive program & makes the transition easier. These gymnasts will participate in a group routine to begin their journey into the competition world. We will focus on performance, strength, flexibility, apparatus technique, body technique, ballet technique, discipline & team work. This program is based on growing & improving quickly over a year or two (depending on the gymnast-her age-her competitive comfort level etc). These girls will work on a group routine as well. Depending on their age it could be a routine with or without apparatus. These gymnasts have the opportunity to train 1-3 days a week. For these gymnasts we also suggest attending our

Performance class as well for a great balance.

Pre-Competitive:Monday, Thursday, Friday **4pm start - athletes can do a 1.5 or 2.5**

Competitive: This class is for returning competitive gymnasts & new Rhythmic Gymnasts (with experience in Artistic Gymnastics or Dance by audition). This class is perfect for the girl who is striving to improve & push her personal limits! These girls will train to compete individually & possibly as a group as well. We will focus on performance, strength, flexibility, apparatus technique, body technique, ballet technique, discipline, creativity & team work. These gymnasts will train between 6 & 16 hours a week; depending on age, level & personal expectations. These gymnasts will compete between two & four routines & one performance routine as well. These gymnasts will have the opportunity to participate in at least 5 competitions if not more!

Competitive: *Monday, Thursday, Friday: all ages start 4pm - choice of 2.5 or longer training*
Saturday: All Ages 9:30am start time with choice of 2.5 or longer training