

About our Club.

Victoria Rhythmic Gymnastics Club opened in 1984 and has continually offered programs to all ages. Our focus has always been on the gymnast; I believe that each and every child will benefit from the care and attention we give in each training session. Gymnasts learn many, many skills over the year, and not just athletic ones, but those that develop self esteem and good self image, as well as goal setting and being confident to perform and enjoy the atmosphere of performing both as group and for some, individually. The mission of our club is to assist and coach gymnasts to their own personal goals. We strive to help them find the place they want to go and assist them in many ways to get there.

When you bring your child to our gym, I will do my best to ensure they learn, and enjoy and develop. And if any time there are things you want or need to discuss please do not hesitate to call.

Barb Bishop

Director

Victoria Rhythmic
Gymnastics Club

www.victoriarg.com

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SUMMER
PROGRAMS
2009

FOR ALL AGES

VICTORIA
RHYTHMIC
GYMNASTICS
CLUB

*PROGRAMS AT ALLSAINTS
HALL AND SHORELINE SCHOOL*

Pre School: 3-5 years

A great opportunity for the little ones to experience movement and games to music, combined with the use of ribbons, balls, hoops and scarves.

*July 6-10

*July 13-17

August 4-7(4 DAYS)

*August 10-14

-classes run 9am-10.30am (all weeks)

\$ 67.50/WEEK 5 DAYS

\$ 54.00/WEEK 4 DAYS

Beginner Recreational: 6-8 years

Learn the basics of Rhythmic Gymnastics!

This camp introduces gymnasts to body technique, stretching, and coordination, combined with the use of ribbons, balls, hoops and scarves. Fun theme days included!

*July 6-10, 11am-1pm,

*July 13-17 11am-1pm

*July 20-24, 9am-11am

August 4-7(4 DAYS)

*August 17-21, 9am-11am

\$ 78.00/WEEK 5 DAYS

\$ 62.40/WEEK 4 DAYS

Pursuit Recreational: 9-12 years

Learn the basics of Rhythmic Gymnastics!

This camp introduces gymnasts to body technique, stretching, and coordination, combined with the use of ribbons, balls, hoops and scarves. Fun theme days included!

*July 6-10, 1pm-3pm

*August 4-7, 1pm-3pm (4 DAYS)

*July 20-24, 11am-1pm

*August 17-21, 11am-1pm

\$ 90.00/WEEK 5 DAYS

\$ 78.00/WEEK 4 DAYS

Teen Recreational: 13+ years

Learn the basics of Rhythmic Gymnastics!

This camp introduces gymnasts to body technique, stretching, and coordination, combined with the use of ribbons, balls, hoops and scarves. Fun theme days included!

*July 6-10, 2pm-5pm

*August 4-7, 2pm-5pm

*July 13-17, 11am-1pm

*August 10-14, 11am-1pm

\$ 90.00/WEEK 5 DAYS

\$ 78.00/WEEK 4 DAYS

Strength & Flexibility

("Stars" 8-10

"Suns" 11+)

This camp will focus on the strength and flexibility aspects of Rhythmic Gymnastics, but is ideal for figure skaters and dancers too! Core conditioning and strength training will be the main focus.

*July 27-31 ("Stars" 9am-11am, "Suns" 11am-1pm)

*August 24-28 ("Stars" 9am-11am, "Suns" 11am-1pm)

\$ 100.00 PER WEEK

Pre-Competitive

(by audition) 6-12

This camp will focus on developing new skills for gymnasts with one or more years of experience. Choreography of new routines, conditioning, extra-curricular activities and fun theme days included!

*July 13-17

*July 20-24

*July 27-31

*August 10-14

*August 17-21

*August 24-28

-all classes run 12-4pm

\$ 180.00 PER WEEK (DISCOUNTS ON 3 OR MORE WEEKS)

Competitive (by recommendation/audition)

This camp will focus on developing new skills for gymnasts with one or more years of experience. Choreography of new routines, conditioning, extra-curricular activities and fun theme days included!

We encourage former gymnasts and dancers to look at this program as well

Competitive classes:

*July 13-17

*July 20-24

*July 27-31

*August 10-14

*August 17-21

*August 24-28

\$ 200.00 PER WEEK (DISCOUNTS 3 OR MORE WEEKS)

COME AND MEET OUR
COACHING STAFF, AND
EXPERIENCE RHYTHMIC
GYMNASTICS,

EVERYONE WELCOME
COMPLIMENTARY OPEN
HOUSES

MONDAY JUNE 1 AND 8

5:30 –6:30 PM

SATURDAY JUNE 6 11AM