

## **RG INFO GUIDE: Additional information for RHYTHMIC GYMNASTICS classes:**

All rhythmic gymnasts registered in the classes mentioned below will have the opportunity to perform outside the club if desired, but don't need to.

We will participate in the Canadian National Gymnastics Week and do a Mall Demonstration on January 24, 2010 at Londonderry Mall. In addition we have two (maybe three) performances planned for mid of April and beginning of May 2010. Unfortunately we have these dates not confirmed at this moment.

### **A) Rhythmic & Artistic**

Classes are for girls 4 – 6 years / all levels:

- 1) **Wednesday 10.30am – 11.30am / 60 minutes**
- 2) **(Wednesday 2.00pm – 3.00pm / 60 minutes [change to 60 minutes, new starting time])**

### **B) Rhythmic #1**

Daytime class for girls 6 years and up – all levels:

**Wednesday 11.30 – 12.30pm / 60 minutes**

### **C) Rhythmic #2**

Girls 5-7 years / all levels:

**Friday 5.00pm – 6.00pm / 60 minutes**

### **D) Rhythmic #3**

Girls 8 years and up / all levels: beginners and recreational gymnasts

**Friday 6.00 – 7.00pm / 60 minutes**

If you are looking for a recreational class for one hour per week within our club gym, then the Friday 6.00 – 7.00pm class would be the right one.

### **E) Rhythmic #4**

Girls 8 years and up / advanced – Rhythmic Performing Group

**These girls are expected to take part at performances**

**Friday 7.00 – 8.30pm – 90 minutes**

This group is planned to be a performance group going out of the club for 2-3 performances per sessions, most likely all events on weekends – ideally (but not a must) we'll keep the group together for a year (3 sessions: Fall 2009, Winter 2010 and Spring 2010).

If you are an advanced gymnast and interested in performing outside the club for sure and are able to commit time for a couple of rehearsals and 2-3 performances on weekends, then the 7.00 – 8.30pm class would be appropriate. This group will perform more difficult routines with more complex partner and group exchanges. We will also work on artistic floor skills.

The girls registered for this group have a fixed spot within the routines and should be available for all performance dates.