

Performing Programs

Programs are offered for children, teenagers and adults who are ready for more concentrated training in rhythmic gymnastics. Participants are chosen based on previous movement and/or RG experience and coach's recommendation. After placement in a class, there is a three-week trial period. Times and fees vary with classes.

Competitive Programs

Competitive programs involve a wide range of competitive classes from the Club level right up to the National level. Gymnasts are trained in flexibility, strength and apparatus control in preparation for competition.

Judit Bercz is our Head Coach who oversees all rhythmic gymnastics programs and determines which program and level is suited to the individual gymnast. Times and fees vary with levels.

Upcoming Events

This year Edmonton Rhythmic Gymnastics is proud to be hosting our Winter Show in December, our Spring Show in April, and our 2010 Rhythmic Gala in February. Dates TBA.



Edmonton Rhythmic Gymnastics

The programs of ERG stress excellence in both the non-competitive and competitive aspects of the sport of rhythmic gymnastics. We have over 150 gymnasts in levels of our sport, from ages 4 yrs to adult. Our members have represented Edmonton, Alberta and Canada in regional, national and international events and competitions.

- ◆ Our Competitive gymnasts earned top rankings within their respective categories. We are very proud that three gymnasts from our club qualified this year for Elite Canada and seven competitors qualified for the 2009 Canadian National Championships. We now have one Junior on the National Team and a Novice that is third in Canada.
- ◆ Edmonton Rhythmic Gymnastic club is the only club in the province to have gymnasts qualify to compete at the World Championships. Edmonton Rhythmics is the only club in Alberta to have achieved excellence at this international level.
- ◆ Our Performing gymnasts will be travelling to National Gymnaestrada – an outstanding celebration of gymnastics with 20,000 participants from all over Canada.
- ◆ Edmonton Rhythmic Gymnastics employs only qualified coaches, and is affiliated with both Rhythmic Gymnastics Alberta and Gymnastics Canada Gymnastique. We are a registered non-profit organization.



The Prism Program

Skill development is recognized through the Prism Program. As the child learns, she can earn the rainbow pin and the six other coloured pins in this fun and rewarding program.

Edmonton Rhythmic Gymnastics 2009 - 2010 Season



Rhythmic Gymnastics is a beautiful Olympic Sport, which combines the beauty of expressive movement with the visual excitement of colourful apparatus.

As hoops spin, balls bounce & ribbons twirl, both participants and audience alike are absorbed in the thrill of this dynamic sport!

For more information call pager # 917-2851 and leave a message or call 460-8709.

www.edmontonrhythmics.com

Edmonton Rhythmic Gymnastics: Fun and Friends

- **Non-competitive** programs provide a fun activity that combines creative and musical expressions with physical activity. The basic techniques of rhythmic movement are taught with an emphasis on group interaction.

- ◆ **No previous movement experience** is required. Short movement combinations are performed to music with apparatus such as ribbon, hoop, ball and rope.

- ◆ **Equipment costs are minimal** – a black long sleeve legless leotard and either bare feet or gymnastics/ballet slippers.

- ◆ **Classes are once a week for 25 weeks.**

- ◆ Schools must occasionally make adjustments to our booking to accommodate school functions, so the ending dates are not definite until the schools have established their requirements.

- ◆ Registrations are accepted in the order in which they are received, and must be complete to be accepted: i.e. registration form filled out completely and signed, and full payment either in one cheque or your complete series of post-dated cheques.

- Please include 2010 PIPEDA form with registration

Please note: The club requires one month notice before the gymnast pulls out of the program in order to be eligible to receive her postdated cheques back. The first month's cheque is non-refundable.



Schedule

Note: We accept registrations throughout the year!

Day	School	Start Date	Time	Age	Time	Age
Mon	Rio Terrace 7608-154 St	21-Sep	6:00 - 6:45	5 - 7 yr	6:45 - 8:00	8 - 12 yr
Tues	St John Bosco 7411-161 A Ave	15-Sep	6:00 - 6:45	5 - 7 yr	6:45 - 8:00	8 - 12 yr
Tues	Sherwood Park Wes Hosford, 207 Granada Blvd.	22-Sep	4:00 - 4:45	5 - 7 yr	4:45 - 6:00	8 - 12 yr
Mon	Greenfield Community Center 3803-114 St	21-Sep	4:30 - 5:15	5 - 7 yr	5:15 - 6:30	8 - 12 yr
Mon	Meyonohk 1850 Lakewood Rd. S	21-Sep	5:30 - 6:15	5 - 7 yr	6:15 - 7:30	8 - 12 yr
Thurs	Riverdale 8901-101 Ave	24-Sep	6:00 - 6:45	5 - 7 yr	6:45 - 8:00	8 - 12 yr
Wed	Keheewin 1910-105 St	Jan 6, 2010	4:30 - 5:15	5 - 7 yr	5:15 - 6:30	8 - 12 yr

Payment Plans

Class	Length of Class	A. Total Cost	OR	B. Oct 1 cheque	&	Post-dated cheques
5-7 yr	45 min	\$314		\$99		5 x \$43
8-12 yr	1 hr & 15 min	\$429		\$109		5 x \$64
Keheewin	Classes (16 total)	A. Total Cost	OR	B. Jan 1 cheque	&	Post-dated cheques
5 - 7 yr	45 min	\$200		\$ 100		2 X \$50
8 - 12 yr	1 hr & 15 min	\$275		\$137		2 X \$69

Option A: Total payment in one cheque, submitted with your signed Registration Form.

Option B: Monthly payments as outlined above – ALL cheques to be submitted with signed Registration Form. The five post-dated cheques are to be dated Nov 1/09; Dec 1/09; Jan 1/10; Feb 1/10; & Mar 1/10.

Make cheques payable to Edmonton Rhythmic Gymnastics.

Mail to: Edmonton Rhythmic Gymnastics; c/o #7 Ebony Way, St. Albert, Alberta T8N 5X4

www.edmontonrhythmic.com or call 460-8709 for technical information

2009-2010 Registration Form

Name: _____

Address: _____

City: _____ Postal Code: _____

Phone: _____

Email: _____

Birth date with year: _____

Previous Movement Experience: _____

Emergency Name: _____

Emergency Phone: _____

Class Desired: Location _____

Time _____

Medical Considerations: _____

Waiver Form

In consideration of your acceptance of my child's registration, I state that I will not hold responsible Edmonton Rhythmic Gymnastics or any of its Executive or coaches, for any personal injuries or property loss or damage suffered by my child while involved with ERG activities.

Parent/Guardian Signature: _____

Date: _____

I will allow photos taken of my child at club events to be used in future advertising.

Parent/Guardian Signature: _____

Date: _____

- Please date cheques for the first of each month.
- Ensure that cheques beginning in January are dated 2010.
- Make cheques payable to Edmonton Rhythmic Gymnastics.
- Complete, detach & mail this form with payment to:

Edmonton Rhythmic Gymnastics:

c/o #7 Ebony Way, St. Albert, AB T8N 5X4

No participation will be allowed without this signed form.

Your cancelled cheque is your receipt.

- You will be called only if the class you desire is full.

For more information call pager # 917-2851 and leave a message, or **call 460-8709.**

Name: _____ **Class:** _____

RHYTHMIC GYMNASTICS ALBERTA / EDMONTON RHYTHMIC EVENT PIPEDA RELEASE FORM

- 1.0 The personal information you provide to Rhythmic Gymnastics Alberta, and different organizing committees for Provincial and National events, is collected under the authority of the PIPEDA privacy bill for Canada. It is used to determine your eligibility for competitive and recreational opportunities, age related events, to facilitate your enrolment, to administer and evaluate programs/courses of benefit to gymnasts, coaches, Board Members, volunteers and judges, and for insurance and statistical purposes. It may be necessary to disclose this information to Gymnastics Canada Gymnastique (GCG) to comply with the requirements of National Sports Federations. In addition, personal information may be, from time to time, submitted to major funding bodies in order to verify registration and meet the funding requirements. This information will be transferred in a safe format.
- 2.0 Registration information required may include: name, age, birth date, address, gender, emergency contact information in case of accident or illness, previous movement experience, position within the club or provincial governing structure, volunteer experience, judging level attained, coaching level attained, performing and/or competitive level attained and citizenship information. Staff members and senior volunteers may have the following information collected and retained: coaching experience, performance appraisals, appointment records, resumes and letters of reference, university equivalency/course information for different aspects of coaching training, attendance records, coach certification numbers, certifications and equivalencies.
- 3.0 Your club's Privacy Officer, as well as the Privacy Officer for RGA, are responsible for your personal information, and the personal information concerning any minor children, and they ensure that all personal information is handled in a confidential manner, and all reasonable precautions are taken to avoid loss, theft or unauthorized access, disclosure, copying, use or modification. Any requests to view your personal information should be made in writing to the club or provincial Privacy Officer (RGA, 11759 Groat Road, Edmonton, AB T5M 3K6)

Please fill in and sign the following form, indicating that you allow the transmission of personal information from RGA to the Gymnastics Canada office, and the subsequent transmittal of personal information as indicated in Paragraph 1.0 of this document.

Name: _____ Signature: _____

Date: _____ Phone Number: _____

Name of Parent/Guardian of participant if under the age of 18: _____

Signature of Parent/Guardian of participant if under the age of 18: _____

RHYTHMIC GYMNASTICS ALBERTA / EDMONTON RHYTHMIC IMAGE RELEASE FORM

Participants at Provincial and National events, including Gymnaestradas and Competitive events, may have their image, likeness, name (excluding personal address, phone, fax number, and/or email address), province, city/town, and club, as well as rank within Alberta/Canada and previous performing, competitive, judging, choreographing or coaching history used in publications and on the website by RGA as well as its agents and sponsors from time to time. When signing this form, gymnasts, volunteers, coaches, judges and, in the case of minors, their parent/guardian, agree that they have the authority to provide this authorization/approval to RGA and its agents, and sanctioned organizing committees. A facsimile, a scanned and emailed copy, or a photocopy of this form shall be deemed to constitute an original signed document.

I allow the use of personal information as outlined above, and image in RGA, RGC, and GCG Media, including newsletter, website, poster, brochure, video, sponsorship packages.

Name: _____ Signature: _____

Date: _____ Phone Number: _____

Name of Parent/Guardian of participant if under the age of 18: _____

Signature of Parent/Guardian of participant if under the age of 18: _____

If Photographs of the athlete are provided to RGA, please send each photograph together with the photographer's express written permission for RGA or your club to use the photograph(s) on the internet, in publications related to rhythmic gymnastics, and in sponsorship materials for rhythmic gymnastics.