



**Richmond
Gymnastics Association**

**Recreational
Program
2011/2012**

www.richmondgymnastics.com
admin@richmondgymnastics.com

Phone: 604-278-3614

4991 No. 5 Road
 Richmond, BC, V6X 2V5
 West end of Sports Town Complex

Our Club and Facilities

Richmond Gymnastics Association is a parent and volunteer run non-profit organization which was established in 1968. The club occupies a 7400 square foot space in the Sports Town BC Complex and is filled with quality Olympic gymnastics apparatus for boys and girls, pre-school sized equipment, as well as ground level trampoline, in-ground foam pit, double mini tramps and a competition sized spring floor.

Our coaching team consists of qualified instructors who are certified through the National Coaching Certification Program (NCCP) and range in coaching level from 1 through 4. Our Head Coach for Women's competitive program is Frank Szabo Sr., and our Head Coach for Men's Competitive program is Frank Szabo Jr.

Club class sizes are small which allows for maximum involvement by all participants and more effective coaching strategies. We offer classes for students from 18 months to adult in Recreational classes for Artistic Gymnastics, Our Competitive Program offers Artistic Gymnastics for both boys and girls. In addition, we also host Gymnastic Birthday Parties, school field trips and dry land training and conditioning for various sport groups. Please call our office for further details.

Our Club Coordinator is Gabi Szabo and she will be happy to answer your questions.

Birthday Parties

Why not host a gymnastic-themed party for your child's next birthday?

A wonderful way to let them burn off some steam, learn a few new tricks and have fun all at the same time! Two-hour party session includes gymnastics activities and time for refreshments in the party area.

Note: Decorations, food, refreshments and cutlery, etc are at discretion and the responsibility of the booking party.

Minimum age 3 years old!

Birthday Child will receive a \$15 Gift Certificate redeemable towards any RGA recreational or competitive program registration!

# of Guests	# of Coaches	Fees
1 - 10	1	\$190.00
11 - 20	2 - 3	\$245.00
Over 20	2 - 3	\$245.00+\$5.00/kids

**Birthday Party Payment
and Refund Policy**

Full payment required upon booking. We accept Visa and Debit only for party bookings.

If a party is cancelled 3 weeks or more before booked date, the party fee will be refunded less a \$50 administration fee.

If a party is cancelled within three weeks of the birthday party date, no refunds will be issued.

For date availability and bookings, please contact :

admin@richmondgymnastics.com
 Phone: 604-278-3614

Active Kids Gov't Tax Credit Available!
 Please ask for receipt at time of registration.

www.cra-arc.gc.ca/whatsnew/fitness-e.html

Class Descriptions & Schedule

Participants should be in proper clothing and condition for all gymnastics classes for the safety of themselves and others: t-shirts, shorts, sportswear, hair tied back, no socks, be healthy and not tired. This will ensure a safe and enjoyable experience for all!

Pre-School Program (ages 18 months to 6 years)

Parent and Tot: ages 18 months to 2.5 years. 45 minutes. A parent and tot class that is full of fun and energy. Little ones and their parents or caregivers can roll and have lots of fun on specialized preschool gymnastics equipment.

Monday 10:30am - 11:15am Thursday 3:15pm - 4:00pm Saturday 9:30am - 10:15am

Pre-School: ages 3 to 5.5 years. 1 hour. A preschool class where the child is working independently on beginner skills on all apparatus. This class incorporates creative movement, theme days and individual and group activities.

Monday 11:30am - 12:30pm or 12:30pm - 1:30pm
 Wednesday 3:30pm - 4:30pm Thursday 12:30pm - 1:30pm Saturday 10:30am - 11:30am

Advanced Pre-School: ages 4 - 6 years. 1.5 hours. An advanced pre school class for children learning Level 1 and 2 Recreational skills. (Achievement skill level Assessment by coach is required).

Monday 4:00pm-5:30pm Thursday 4:00pm-5:30pm Saturday 10:00am-11:30am

Recreational Program (ages 6 to high school)

A program for boys and girls based on the CanGym 14 levels of skill progression, from beginners to advance. The program incorporates skill development on Olympic apparatus such as the vault, uneven and parallel bars, balance beam, rings, high bar, spring floor, etc.

Girls Beginners: ages 6 and up. 1.5 hours. A recreational program for girls in levels 1 to 6.

Monday 4:00pm-5:30pm Wednesday 4:30pm-6:00pm Saturday 11:30am-1:00pm

Girls Intermediate: ages 6 and up. 2 hours. An advanced recreational program for girls in levels 7-14.

Monday 5:30pm-7:30pm Wednesday 6:00pm-8:00pm Saturday 1:00pm-3:00pm

Boys Beginners: ages 6 and up. 1.5 hours. A recreational program for boys in levels 1 to 6.

Wednesday 6:00pm-7:30pm Saturday 10:00am-11:30am

Boys Intermediate: ages 6 and up. 2 hours. An advanced class for boys in levels 7-14

Wednesday 6:00pm-8:00pm Saturday 10:00am-12:00pm

Adult Drop In: 1.5 Hour class with full use of the gym apparatus. Monday 8:00pm-9:30pm

PARTICIPANT REGISTRATION (one per child please!)

Participant's First Name: _____ Last Name: _____

Age: _____ Birthday: _____ / _____ / _____
YEAR MONTH DATE

Address: _____

City: _____ Province: _____ Postal Code: _____

Parent/Guardian: _____ Email: _____

Work #: _____ Home #: _____ Cell #: _____

Emergency Contact: _____ Phone #: _____

Care Card #: _____ Medical Info: _____

Doctor's Name: _____ Doctor's Phone #: _____

PAYMENT INFORMATION

Program Fee \$ _____ Class Name: _____

RGA Membership Fee \$ 20 Day: _____ Time: _____

GBC Annual Insurance Fee \$ 12 Day: _____ Time: _____

TOTAL \$ _____ CHQ VISA MC DEBIT CASH

REFUND POLICY: Annual RGA Membership Fee and GBC annual Insurance Fee are non-refundable. There are no make-up classes for absenteeism. **All fees and payments are non-refundable.** Only extreme case exceptions with valid documentation will be considered.

Class schedules subject to change without notice due to insufficient enrolment or coach availability. NSF cheques or "Not Approved" credit and debit transactions subject to \$25 NSF administration fee.

"I hereby grant RGA permission to use photographs of my child for RGA marketing and promotional use only."

Parent/Guardian Signature: _____ Date: _____

PROGRAM FEES & SCHEDULE

Fall Term: from September 07 to December 19, 2011

Winter Term: from January 04 to March 31, 2012

Spring Term: from April 02 to June 23, 2012

**5% Discount EARLY BIRD
REGISTRATION** deadline one week
before the start of each term.

Program or Class / Duration	Fall Program's fee	Winter Program's fee	Spring Program's fee
Parent & Tot / 45 min.	\$ 174	\$ 151	\$ 139
Preschool / 1 hr	\$ 221	\$ 191	\$ 176
Adv. Preschool or Boys/Girls Beginner / 1.5 hrs	\$ 279	\$ 242	\$ 223
Boys/Girls Intermediate / 2 hrs	\$ 360	\$ 312	\$ 288