



# Richmond Gymnastics Association

**Recreational  
Programs  
2008**

**4991 No. 5 Road  
Richmond, BC  
V6X 2V5  
604-278-3614**

[admin@richmondgymnastics.com](mailto:admin@richmondgymnastics.com)  
[www.richmondgymnastics.com](http://www.richmondgymnastics.com)

**Richmond Gymnastics Association** is a parent run, non-profit organization dedicated to providing superior gymnastics training programs in a safe and fun environment. We achieve this by employing highly qualified coaches, providing suitable gymnastics equipment and facility, and ensuring proper management of the club. The commitment for successful advancement of RGA comes through a dedicated level of involvement from athletes, coaches, parents and through the support of The City of Richmond and the Province of BC.



**Class Size:** Classes are small allowing for maximum involvement by all participants.

**Coaches:** Our qualified instructors are certified through the National Coaching Certification Program (NCCP). Our coaches range from Levels 1 through 4.

**Head Coaches**

Women's Competitive: Frank Szabo, Sr.  
Men's Competitive: Frank Szabo, Jr.

**Club Coordinator:** Gabi Szabo

**Facility:** Richmond Gymnastics is a 7400 sq. ft. space filled with full size Olympic gymnastics apparatus for boys and girls, pre-school sized equipment, ground level trampoline, in-ground foam pit, double mini tramp, and a spring floor.

We offer classes for children from 18 months to adult. Our Artistic Gymnastics programs range from Recreational classes to Pre-competitive and Competitive Programs. In addition, we have birthday parties, field trips and adult drop-in classes.

**Additional Programs**

**Adult Drop In:** A supervised open gym session. \$12/session

**Camps:** RGA offers camps for children of all ages during Winter Break, Spring Break and Summer Holiday.



**Field Trips:** For an exciting field trip pre-schools, schools and daycares can enjoy an exhilarating class of gymnastics at RGA. Morning or Afternoon Field Trip times are available.

**Facilities Rentals Available:** Inquire at office.

## Birthday Parties

**Parties Include:**

- 2 hours of Games and Gymnastics
- Fun, Enthusiastic Instructors
- Party area for you and your guests for refreshments and cake.
- RGA T-Shirt for the Birthday Child

No. of Guests	No. of Coaches	Party Fees
5 - 7	1	135.00
8 - 15	1 - 2	152.00
16 - 23	2 - 3	170.00

\* An adult must accompany children under the age of 3. (Note: Family supplies all decorations, food, plates etc.)

**Payments & Refund Policy:**

Full payment required upon booking. If a party is cancelled 3 weeks or more **before** the booked date the Birthday Fee will be refunded less \$50. If a party is cancelled within 3 weeks of the booked date no refund will be issued.

**For more information, please contact us at  
604 - 278 - 3614.**

**Richmond Gymnastics Association**  
Registration Form  
PARTICIPANT'S INFORMATION

Athletes Name: \_\_\_\_\_

Age: \_\_\_\_\_ Birth date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Home Tel #: \_\_\_\_\_ Work Tel #: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_ Tel #: \_\_\_\_\_

BC Medical Number: \_\_\_\_\_

Medical Information (food allergies, injuries, medication): \_\_\_\_\_

**Class Registration:**

Class Name: \_\_\_\_\_

Day: \_\_\_\_\_ Time: \_\_\_\_\_

**New Member:** \_\_\_\_\_ **Returning Member:** \_\_\_\_\_

**Fee Information:**

Program Fee: \_\_\_\_\_

GBC Fee: \_\_\_\_\_

RGA Fee: \_\_\_\_\_

Sub-Total: \_\_\_\_\_

**TOTAL:** \_\_\_\_\_

**Payment Method**

Cheque: \_\_\_\_\_

Visa: \_\_\_\_\_

Debit: \_\_\_\_\_

Mastercard: \_\_\_\_\_

**Cancellation/Refund Policies:**

- \$20 annual RGA membership fee is non-refundable.
- There will be a \$25 charge for NSF cheques.
- All fees including GBC insurance are non-refundable.
- There are no makeup classes for absentees.
- Schedule is subject to changes due to insufficient enrolment and coach availability.
- Receive a 10% discount off 2<sup>nd</sup> child's (lower) class fee.
- Participants in any program are expected to be able to conduct themselves appropriately with their peers and coaches and to actively participate in all the activities of the program. Participants who do not demonstrate these abilities, may be required to withdraw from the program.
- **All fees and payments are non-refundable.**
- Only extreme-case exceptions with valid documentation will be considered for credit.
- There will be no make-up classes for absentees.

Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

## Class Descriptions

### Preschool Program (Ages 18 months to 5.5 years)

**Parent & Tot:** ages 18 months to 2.5 years - 45 minutes

A parent & tot class that is full of fun and energy. Little ones and their parent or caretaker can roll and have lots of fun on specialized preschool gymnastics equipment.

**Preschool:** 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 while building basic gymnastics skills which helps the child develop social skills and self confidence.

**Advanced Preschool:** ages 4 – 5.5 years – 1.5 hours An advanced preschool class for children learning level 1 and 2 recreational skills. (Achievement skill level assessment by coach is required)



### Recreational Program (Ages 6 to high school)



Our CanGym program for boys and girls that is based on 14 progressive levels of skills development, from beginner to advanced. The program incorporates skill development on Olympic apparatus such as the vault, uneven and parallel bars, balance beam, rings, high bar and spring floor, etc.

**Girls Beginners:** ages 5 and up – 1.5 hours A recreation program for girls in levels 1 to 6.

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

**Boys Beginners:** ages 5 and up – 1.5 hours A recreational program for boys in levels 1 to 6.

**Boys Intermediate:** (ages 6 and up) – 2 hours An advanced class for boys in levels 7 and up.

## Fee Schedule

Program	15 weeks	14 weeks	13 weeks	12 weeks	11 weeks
45 minutes – Parent & Tot	\$127	\$117	\$110	\$102	\$93
1.0 hour – Preschool I & II	\$165	\$154	\$143	\$132	\$121
1.5 hours – Advanced Preschool, Girls & Boys Beginners, T&T	\$237	\$221	\$205	\$189	\$174
2.0 hours – Girls & Boys Intermediate, T&T	\$285	\$266	\$247	\$228	\$209

**\*\*All registrants must pay a \$20 annual Richmond Gymnastics Association Membership fee plus an additional GBC annual insurance fee which covers from (Sept 1 – Aug 31).\*\***

## Program Schedule

Winter 2008: January 7<sup>th</sup> to March 29<sup>th</sup>  
 Spring 2008: March 31<sup>st</sup> to June 28<sup>th</sup>  
 Summer 2008: July 14<sup>th</sup> to August 30<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
GIRLS	Beginners 4:30 – 6:00	Beginners 4:30 – 6:00	Beginners 4:30 – 6:00	Beginners 4:30 – 6:00	Beginners 11:30 – 1:00	
	Intermediate 6:00 – 8:00	Intermediate 6:00 – 8:00		Intermediate 6:00 – 8:00	Intermediate 1:00 – 3:00	
BOYS			Beginners 6:00 – 7:30		Beginners 10:00 – 11:30	
			Intermediate 6:00 – 8:00		Intermediate 11:30 – 1:30	
ADULTS					Parent & Tot 9:30 – 10:15	Parent & Tot 9:30 – 10:15
	Pre-School 3:30 – 4:30		Pre-School 10:30 – 11:30	Pre-School 4:30 – 5:30	Pre-School 10:30 – 11:30	
				Pre-School 5:30 – 6:30	Pre-School 11:30 – 12:30	
		Advanced Preschool 4:30 – 6:00		Advanced Preschool 4:30 – 6:00	Advanced Preschool 10:00 – 11:30	
Adult	Drop – In 8:00 – 10:00					

**Winter Term:** 12 weeks (Monday, Friday, Saturday – 11 weeks – Easter, Good Friday, Weekend closure on March 1<sup>st</sup>);

**Spring Term:** 13 weeks (Monday is 12 weeks – Victoria Day)

**Summer Term:** 7 weeks (Monday is 6 weeks – BC Day)

### New Government Tax Credit – Up to \$500 for Active Kids!

Please ask for receipt at time of registration. For more information on this tax credit please go to [www.cra-arc.gc.ca/whatsnew/fitness-e.html](http://www.cra-arc.gc.ca/whatsnew/fitness-e.html)