



Richmond Gymnastics Association

Recreational Program 2009/2010

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

Phone: 604-278-3614

www.richmondgymnastics.com
admin@richmondgymnastics.com

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, Pre-Competitive and Competitive. 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!

An RGA Gymnastics Birthday Party includes:

- 2 full hours of Gymnastics and Games
- Fun, enthusiastic Coaches
- Party area for you and your guests for cake and refreshments
- RGA T-Shirt for the Birthday child.

Note: Decorations, food, refreshments and plate ware, etc are the responsibility of the booking party.

# of Guests	# of Coaches	Fees
1-7	1	165.00
8-15	1-2	185.00
16-23	2-3	205.00

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

P: 604.278.3614

Class Descriptions and Program Schedules

Active Kids Gov't Tax Credit Available!
Please ask for receipt at time of registration.
visit www.cra-arc.gc.ca/whatsnew/fitness-e.html

Pre-School Program (ages 18 months to 5.5 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.

Wednesday or Friday 12:15pm - 1:00pm

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.

Wednesday 3:30pm - 4:30pm

Thursday 12:30pm - 1:30pm or 3:30pm-4:30pm

Saturday 10:30am -11:30am

Advanced Pre School: ages 4-5.5 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, Tuesday or Friday 4:30pm - 6:00pm

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 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 6 and up. 1.5 hours. A recreational program for girls in levels 1 to 6.

Monday, Wednesday or Thursday 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, Wednesday or Thursday 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 4:30pm - 6:00pm

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 11:30am - 1:30pm

Adult Drop In: 1.5 Hour class with full use of the gym apparatus.

Monday 8:00pm - 9:30pm

RGA Registration Form-Participant Information (*one per child please!*)

Athlete's Name: _____

Age: _____ Birthdate: _____

Address: _____

City: _____ Prov: _____ Postal Code: _____

Parent/Guardian: _____ Email: _____

Work# _____ Home # _____ Cell# _____

Emergency Contacts: _____ Phone #'s _____

Care Card #: _____ Medical info _____

Doctors Name: _____ Phone # _____

Fees: Program Fees _____ \$ _____ **Class Name:** _____
RGA Membership \$ 20.00 Day: _____ Time: _____
GBC Annual Ins. Fee \$ 12.00 Day: _____ Time: _____
TOTAL \$ _____

Method of Payment: CHQ__ VISA__ MC__ DEBIT__

Refund Policy: Annual RGA \$20 membership fee and GBC insurance fees are non-refundable. There are no make-up classes for absenteeism.

Class schedules subject to change without notice due to insufficient enrollment or coach availability. NSF cheques or Not Approved Visa, Master Card subject to \$25 NSF fee.

All fees and payments are non-refundable. Only extreme case exceptions with valid documentation will be.

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

Signature: _____ **Date:** _____

Fee Schedule: *Fall Term: 15 weeks from September 08 to December 21, 2009*

Winter Term: 13 weeks from January 04 to April 03, 2010

Spring Term: 12 weeks from April 05 to June 26, 2010

Program Class /Duration	15 wks	14 wks	13 wks	12 wks	11 wks
Parent & Tot / 45 min	\$149	\$139	\$129	\$120	\$110
Preschool Program / 1 hr	\$191	\$178	\$166	\$153	\$141
Adv. Preschool or Beg. Boys/Girls / 1.5 hrs	\$251	\$234	\$218	\$201	\$185
Interm. Boys/Girls 2 hrs	\$317	\$296	\$275	\$254	\$233