



# Mississauga Newnorth National Rhythmic Gymnastics Club

## Recreational Program WINTER/SPRING 2024

**Recreational program classes** focus on developing proper posture, hand-eye coordination, balance, flexibility, speed, stamina, endurance, and strength. The program allows gymnasts to progress at their own pace while learning the fundamental body and apparatus skills in Rhythmic Gymnastics with a variety of creative apparatus in a fun environment. Emphasis is put on enhancing performance skills and constant further development. Gymnasts will learn a group routine and participate in our Year End Show Performance.

### SCHEDULE:

<b>Monday</b>	<b>Wednesday</b>	<b>Wednesday</b>
6pm – 7pm Ages: 4 – 7	6pm – 7pm Ages: 4 – 7	7pm – 8pm Ages: 4 – 7
7pm – 8pm Ages: 8 - 12	6pm – 7pm Ages: 8 - 12	7pm – 8pm Ages: 8 - 12

### **FEBRUARY 5, 2024 TO JUNE 12, 2024**

**NO CLASSES THE WEEK OF FEBRUARY 19 – 25, 2024 AND  
MARCH 11 – 17, 2024, AND APRIL 22 – 28, 2024.**

### SESSION FEE:

<b>One hour / week: \$400.00</b> Includes Performance Fee at our Year End Show	<b>Two hours / week: \$745.00</b> Includes Performance Fee at our Year End Show
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### \$125.00 Club Registration Fee for Recreational Gymnasts only (Includes Club fee and GO Insurance fee)

Registration is required to be paid in full before classes begin.

Please make an E-Transfer to [newnorthrgc@gmail.com](mailto:newnorthrgc@gmail.com) before February 4, 2024.

In order to secure your spot, please email the Registration Forms to [mississauganewnorthrgc@gmail.com](mailto:mississauganewnorthrgc@gmail.com) and send an E-transfer to [newnorthrgc@gmail.com](mailto:newnorthrgc@gmail.com).

**NO Registration will be processed until full payment is received.**

Space is limited in each class.  
Registration are on a first come first served basis.

**Family discounts:** Second child – 10% off the Session Fee, Third child – 20 % off the Session Fee



## Mississauga Newnorth National Rhythmic Gymnastics Club

5600 ROSE CHERRY PLACE, MISSISSAUGA, ONTARIO, L4Z 4B6

PHONE: (647) 518 8771 E-MAIL: mississauganewnorthrgc@gmail.com

[Please visit our website to read our Recreational Program Protocols prior to Registering.](#)

### Attire & Equipment:

- 1. Newnorth Leotard \$45 (available for purchase in class) is required for classes and for the Year End Show Performance**
2. White, clean socks or toe shoes
- 3. Black tights is required for classes and for the Year End Show Performance**
4. Hair must be worn in ponytail or bun (all hair must be pulled off the face)
- 5. Each gymnast must have their own water bottle**
6. Wearing a face covering is optional and we respect the decision to wear a face covering.

### Miscellaneous Information:

1. Mississauga Newnorth RGC reserves the right to cancel classes or request gymnasts to change their selection if there is insufficient enrollment in a class.
2. Classes may be cancelled or rescheduled due to weather conditions or unforeseen circumstances. No refunds will be issued.
- 3. Make-Up classes are not available.**
- 4. A pro-rated refund, less the \$125 Registration Fee is available upon request for withdrawals from a program when the request is made before the 3rd class.**
- 5. The Registration Fee is non-refundable.**
- 6. No refunds are given in the case of absences due to (but not limited to) illness, injury or vacation.**
- 7. All communication will be done through email. Please make sure you provide us with your correct email address on the registration form.**

### Entering and exiting the facility

1. Gymnasts will be admitted no earlier than 5 minutes before class.
2. Parents are not permitted to enter the gym at any time.
3. Gymnasts should come wearing their training clothes. There will be no changerooms.
4. Gymnasts must take all personal items home daily. There will be no lost and found box. For safety reasons everything left behind will be disposed of at the end of the day.
5. Out of respect to the gymnasts and coaches and for the safety of all athletes, we ask that parents please view from behind the windows and refrain from standing/ sitting on the balcony. Your presence on the balcony inside the gym is distracting to the athletes. We promote Safe Sport Principles at all times.



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**WINTER/SPRING 2024 RECREATIONAL REGISTRATION FORM**

**Gymnast Info:**

**Last Name:** \_\_\_\_\_ **First Name:** \_\_\_\_\_

**Date of Birth** (dd/mm/yy): \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ **Age** (as of Dec.31, 2023): \_\_\_\_\_

**Home phone:** (\_\_\_\_\_) \_\_\_\_\_ **Health Card #:** \_\_\_\_\_

**Allergies and past injuries:** \_\_\_\_\_

**Street Address:** \_\_\_\_\_

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

**Contact Info:**

**Mother's Name:** \_\_\_\_\_ **Mother's Cell phone:** (\_\_\_\_\_) \_\_\_\_\_

**Father's Name:** \_\_\_\_\_ **Father's Cell Phone:** (\_\_\_\_\_) \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_ **Phone:** (\_\_\_\_\_) \_\_\_\_\_

**Emergency Contact Relationship:** \_\_\_\_\_

**Parent E-Mail Address:** \_\_\_\_\_

**Class Selection:** (you will be contacted if your first choice is unavailable)

Day	Time
1.	
2.	

**Session Fee:** \_\_\_\_\_ + **Registration Fee: \$125.00** + **Newnorth Leotard: \$45.00**  
 (Newnorth Leotard will be available for fitting the first week of classes)

**Total:** \_\_\_\_\_

**Photo/Video/Web Site Release:** I allow the use of personal information such as image, likeness and name (excluding personal address, phone, and email address) in Mississauga Newnorth RGC Media, including website, posters, brochures, videos, social media pages.

I hereby give the officials and volunteers, of Mississauga Newnorth, authority to act on my behalf in the case of an emergency. I hereby release Mississauga Newnorth, their directors, officers, coaches, members, and volunteers, along with the Paramount Fine Foods Sport Zone Centre and the City of Mississauga and their staff's from and against all actions, claims, liabilities, proceedings and damages resulting from any accidents or injuries which are caused by or arise from participation in this event.

**Signature of Parent / Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_