



Mississauga Newnorth National Rhythmic Gymnastics Club

Recreational Program WINTER/SPRING 2025

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:

Monday	Monday	Wednesday
6pm – 7pm Ages: 4 – 7	7pm – 8pm Ages: 4 – 7	6pm – 7pm Ages: 4 – 7
6pm – 7pm Ages: 8 - 12	7pm – 8pm Ages: 8 - 12	7pm – 8pm Ages: 8 - 12

JANUARY 27, 2025 TO JUNE 4, 2025

NO CLASSES FEBRUARY 17, FEBRUARY 19, AND MARCH 10, MARCH 12, AND APRIL 21, APRIL 23, AND MAY 19, 21, 2025.

SESSION FEE:

One hour / week: \$400.00 Includes Performance Fee at our Year End Show	Two hours / week: \$745.00 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* before January 27, 2025.

In order to secure your spot, please email the Registration Forms to *mississauganewnorthrgc@gmail.com* and send an E-transfer to *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



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

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

[Please visit our website to read our entire Recreational Program](#)

[Policies and Protocols prior to Registering.](#)

Attire & Equipment:

- 1. Newnorth Leotard \$45 is required for classes and for the Year End Show Performance (all gymnasts will be fitted in the first week of classes for their leotard)**
2. White, clean socks or toe shoes
- 3. Black tights are 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. Absolutely no jeans or jewelry and no clothes with snaps, buckles or other bulky objects may be worn during class. Participants wearing inappropriate attire will be asked to change or may not be allowed to participate for safety reasons.
- 6. Each gymnast must have their own water bottle**

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.**
8. Gymnasts will be admitted no earlier than 2 minutes before class.
- 9. Parents are not permitted to enter the gym at any time. 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. We promote Safe Sport Principles at all times.**
- 10. Gymnasts should come wearing their training clothes. There will be no changerooms.**
11. 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.



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WINTER/SPRING 2025
RECREATIONAL REGISTRATION FORM

Gymnast Info:

Last Name: First Name:

Date of Birth (dd/mm/yy): Age (as of Dec.31, 2025):

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:

How did you hear about us (social media, internet search, word of mouth, etc.)?

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

Table with 2 columns: Day, Time. Rows 1 and 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:

GYMNASTICS ONTARIO and MISSISSAUGA NEWNORTH RGC
PARTICIPANT INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

2024-2025

WARNING! Please read carefully

By signing this document, you will assume certain risks and responsibilities

Participant's Name: _____

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a participant in the sport of gymnastics and the spectating, orientation, instruction, activities, competitions, programs, and services of Gymnastics Ontario and Mississauga Newnorth RGC (collectively the "Activities"), the undersigned, being the Participant and the Participant's Parent/Guardian (if Participant is under 18 years old), (collectively the "Parties"), acknowledge and agree to the terms outlined in this document.
2. Gymnastics Ontario, Mississauga Newnorth RGC, and their respective Directors, Officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the "Organization").

We have read and agree to be bound by paragraphs 1 and 2

Description and Acknowledgement of Risks

3. The Parties understand and acknowledge that:
 - a) The Activities have foreseeable and unforeseeable inherent risks, hazards, and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury.
 - b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming.
 - c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the Participant's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction.
4. The Participant is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers, and hazards. The risks, dangers and hazards include, but are not limited to:
 - a) Privacy breaches, hacking, technology malfunction or damage.
 - b) Executing strenuous and demanding physical techniques and exerting and stretching various muscle groups.
 - c) Vigorous physical exertion, strenuous cardiovascular workouts, and rapid movements.
 - d) The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment or apparatus.
 - e) Failure to follow instructions or rules.
 - f) Serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the Participant's body or to the Participant's general health and well-being.
 - g) Abrasions, sprains, strains, fractures, or dislocations.
 - h) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma.
 - i) Physical contact with other participants, spotters, spectators, equipment, and hazards.
 - j) Collisions with walls, any gymnastics apparatus, floors, or mats.
 - k) Falling, tumbling, or hitting any gymnastics apparatus, the floor, mats, or other surfaces.
 - l) Failure to act safely or within the Participant's ability or designated areas.
 - m) Negligence of other persons, including other spectators, participants, or employees.
 - n) Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities.
 - o) Contracting COVID-19 or any other contagious disease.

We have read and agree to be bound by paragraphs 3 and 4

Terms

5. In consideration of the Organization allowing the Participant to participate in the Activities, the Parties agree:
 - a) That when the Participant practices or trains in their own space, the Parties are responsible for the Participant's surroundings and the location and equipment that is selected for the Participant.
 - b) That the Participant's mental and physical condition is appropriate to participate in the Activities and the Parties assume all risks related to the Participant's mental and physical condition.
 - c) That the Participant may experience anxiety while challenging themselves during the Activities.
 - d) To comply with the rules and regulations for participation in the Activities.
 - e) To comply with the rules of the facility or equipment.
 - f) The risks associated with the Activities are increased when the Participant is impaired, and the Participant will not participate if impaired in any way.

6. In consideration of the Organization allowing the Participant to participate, the Parties agree:
 - a) That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in brochure or advertisement or in individual conversations, to agree to participate in the Activities.
 - b) That the Organization is not responsible or liable for any damage to the Participant's vehicle, property, or equipment that may occur as a result of the Activities; and
 - c) That this Agreement is intended to be as broad and inclusive as is permitted by law of the Province of Ontario and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Jurisdiction

7. The Parties agree that in the event that they file a lawsuit against the Organization, they agree to do so solely in the Province of Ontario.

We have read and agree to be bound by paragraphs 5 to 7

Acknowledgement

8. The Parties acknowledge that they have read this Agreement and understand it, that they have executed this Agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

Name of Participant (print)

Signature of Participant

Date of Birth

Name of Parent or Guardian (print)

Signature of Parent or Guardian

Date
