

Our Programs

Rainbow Rhythmics (3-5 years)

Each class has a different theme to help us work through all the colours of the rainbow! Participants will learn fundamental movement skills

(locomotion, land, spring, rotation, swing, stationary), which are important for any sport, and develop social skills through group and individual work with hand-held apparatus. As participants progress, they will start to learn skills from the PRISM program.



Parent and Tot (2-3 years)

Parents and tots will be guided through activities and circuits that will begin to develop fundamental movement skills (walk, run, skip, hop, gallop, bounce, throw, roll). Parents are actively involved while kids explore the equipment and movement.

Calmar After-school Program (5+ years)

Participants will build physical literacy - fitness, strength, flexibility and hand-eye coordination - while working with music. Participants will also learn to work in a large group (in different formations, exchanging apparatus). Throughout the session, participants will learn and improve their skills through fun-filled activities, games and choreographed sequences.

All of our programs follow the guidelines set by the **Long-Term Athlete Development program** developed by the Canadian Sport Centres. Athletes who progress through LTAD experience training and competition in programs that consider their developmental age.

Ladies class (evening)

Is running on a treadmill not your style? Looking for something more stimulating and exciting?

Gymnastics is for the young at heart. The emphasis in this class is on FUN and FITNESS! Come out and give it a try...improve overall fitness, core strength, balance, flexibility and coordination. In-class exercises can be tailored to suit individual needs/abilities.

Vintage/VENUS

This is a class for those who are: aged like a fine wine (Vintage 50 years+) and full-figured gals (VENUS) ...because your needs are similar. Low impact, total body movement in a friendly, welcoming environment – let go of your inhibitions and find a sense of movement, coordination and musicality you never knew you had!

Strength and Stretch for Skaters

In this class, we focus on injury prevention and conditioning exercises for core, hips and ankles/feet. Learning to stretch is a useful skill for all athletes no matter what their level of training and competition. For some athletes, like figure skaters or hockey goaltenders, flexibility is an essential part of their skill development.

WARNING: Adult classes are social and fun; a comfortable environment where participants can have fun, make mistakes and laugh together!

Canada Sport For Life (CS4L) recognizes GYMNASTICS as a FUNDAMENTAL sport that all kids should try!



What is Rhythmic Gymnastics?

Rhythmic gymnastics combines sport and art—athletes develop fitness, strength, balance, flexibility and coordination of movement with music. Hand-held apparatus: ropes, hoops, balls, scarves and ribbons help to develop hand-eye coordination in conjunction with body movements.

Rhythmic gymnastics builds fundamental movement skills that are beneficial for the long-term development of athletes in any sport. Rhythmic gymnastics is a fantastic sport for girls and boys of all ages

At Arabesque Rhythmics, participants will develop skills through the PRISM program—a series of skill-based levels designed to develop body and apparatus skills in a progressive manner. Gymnasts receive a progress report at the end of each session. Upon completion of each PRISM level, gymnasts will receive a pin.

Mission:
To inspire a commitment to a healthy, active lifestyle through gymnastics.

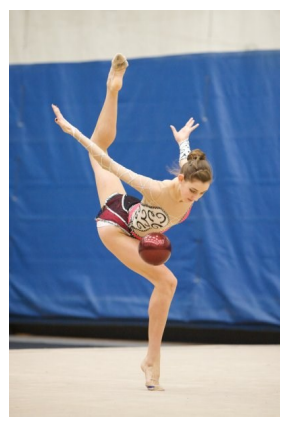
Throughout the session, gymnasts will learn a routine which they will perform for parents and friends on the last day of classes.

As Arabesque Rhythmics grows, gymnasts will have the opportunity to try out for the competitive-performing Team. These athletes will participate in local performances, provincial gymnastics festivals (Gymnaestrada), as well as local, regional and international competitive events. Through dedication and participation in these unique events, the aim of Arabesque Rhythmics is to develop well-rounded, hard-working

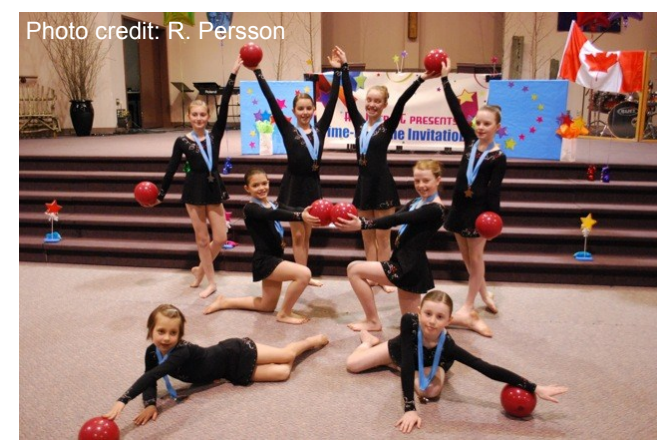
creative athletes who push the boundaries of art and sport.



Kristi Skebo, Head Coach and owner of Arabesque Rhythmics, is a Level 2 certified coach in Rhythmic Gymnastics under the National Coaching Certification Program (NCCP) and is enthusiastic to share her knowledge with gymnasts of all ages and abilities. She is also the Coaching Chairperson for Rhythmic Gymnastics Alberta as well as a Foundations 2 Gymnastics course facilitator. She is also a member of the



Gymnastics Canada RG Program Assembly. Kristi is joined by an enthusiastic staff of certified coaches and young coaches in training - we want to share our passion for rhythmic gymnastics with you!



Questions about any of our programs?
Phone: 780-242-9069
Fax: 780-435-1611
Email: arabesquerhythmics@gmail.com
Website: www.arabesquerhythmics.ca

Our Programs

Team (A, B and higher)
Gymnasts will learn more advanced rhythmic skills (body and apparatus), which are important for both competition and performance. These gymnasts will have opportunities to compete and perform inside and outside Alberta, including World Gymnaestrada, a 7-day gymnastics



Photo credit: R. Persson

festival held every 4 years in Europe.

PreTeam
This is the place for gymnasts who really enjoy rhythmic gymnastics, who want to master more challenging skills and routines, and is a stepping stone to the Team. Gymnasts will learn more advanced rhythmic skills (body and apparatus) which are important for both competition and performance. Gymnasts will continue to work on upper level PRISM skills while learning two GROUP routines to perform at different events in Alberta.

Beginner and Advanced Rhythmics (6 years and up)
Each class will incorporate a short warm-up, stretching, body skills (balances, turns, leaps and jumps) and apparatus skills (rope, hoop, ball, ribbon, scarf and others) as well as games and other fun activities! Gymnasts will learn skills from the PRISM program. The PRISM program is a series of levels designed to develop body and apparatus skills in a progressive manner.

Beginner gymnasts are new to the sport and are working on Red/Orange PRISM levels. **Advanced** gymnasts are more experienced and are working on Yellow to Violet PRISM levels.

Name: _____ Class: _____

RHYTHMIC GYMNASTICS ALBERTA PIPEDA RELEASE FORM

- 1.0 The personal information you provide to your club, to Rhythmic Gymnastics Alberta, and to different organizing committees for Provincial and National events, is collected under the authority of the PIPEDA privacy bill for Canada. It is used to determine your eligibility for competitive and recreational opportunities, age related events, to facilitate your enrolment, to administer and evaluate programs/courses of benefit to gymnasts, coaches, Board Members, volunteers and judges, and for insurance and statistical purposes. It may be necessary to disclose this information to Gymnastics Canada Gymnastique (GCG) or the current insurance company to comply with their requirements. In addition, personal information may be, from time to time, submitted to major funding bodies in order to verify registration and meet the funding requirements. This information will be transferred in a safe format.
- 2.0 Registration information required may include: name, age, birth date, address, gender, emergency contact information in case of accident or illness, previous movement experience, position within the club or provincial governing structure, volunteer experience, judging level attained, coaching level attained, performing and/or competitive level attained and citizenship information. Staff members and senior volunteers may have the following information collected and retained: coaching experience, performance appraisals, appointment records, resumes and letters of reference, university equivalency/course information for different aspects of coaching training, attendance records, coach certification numbers, certifications and equivalencies.
- 3.0 Your club's Privacy Officer, as well as the Privacy Officer for RGA, are responsible for your personal information, and the personal information concerning any minor children, and they ensure that all personal information is handled in a confidential manner, and all reasonable precautions are taken to avoid loss, theft or unauthorized access, disclosure, copying, use or modification. Any requests to view your personal information should be made in writing to the club or provincial Privacy Officer (RGA, 11759 Groat Road, Edmonton, AB T5M 3K6)

Please fill in and sign the following form, indicating that you allow the transmission of personal information from RGA to the Gymnastics Canada office, and the subsequent transmittal of personal information as indicated in Paragraph 1.0 of this document.

Name: _____ Signature: _____

Date: _____ Phone Number: _____

Name of Parent/Guardian of participant if under the age of 18: _____

Signature of Parent/Guardian of participant if under the age of 18: _____

RHYTHMIC GYMNASTICS ALBERTA IMAGE RELEASE FORM

Participants at Club, Provincial and National events, including Gymnaestradas, Performances, Demos and Competitive events, may have their image, likeness, name (excluding personal address, phone, fax number, and/or email address), province, city/town, and club, as well as rank within Alberta/Canada and previous performing, competitive, judging, choreographing or coaching history used in publications and on the website by RGA as well as its agents and sponsors from time to time. When signing this form, gymnasts, volunteers, coaches, judges and, in the case of minors, their parent/guardian, agree that they have the authority to provide this authorization/approval to RGA and its agents, and sanctioned organizing committees. A facsimile, a scanned and emailed copy, or a photocopy of this form shall be deemed to constitute an original signed document.

I allow the use of personal information and images as outlined above, in Club, RGA and GCG Media, including newsletter, website, poster, brochure, video, sponsorship packages.

Name: _____ Signature: _____

Date: _____ Phone Number: _____

Name of Parent/Guardian of participant if under the age of 18: _____

Signature of Parent/Guardian of participant if under the age of 18: _____

If Photographs of the athlete are provided to your club or RGA, please send each photograph together with the photographer's express written permission for RGA or your club to use the photograph(s) on the internet, in publications related to rhythmic gymnastics, and in sponsorship materials for rhythmic gymnastics.



Arabesque Rhythmics Recreational Class Schedule 2011-2012

Fall Session: Oct 4-Nov 24 (Calmar class Oct 12 to Nov 30) **Winter Session:** Jan 9-Mar 1
Spring Session (Devon only): Mar 5-May 3* *No classes over Spring Break (March 26-30)

Monday and Thursday Parent & Tot Location: Total Fitness, 6 Athabasca Ave, Devon
Tuesday and Wednesday evening class Location: Devon Alliance Church
Wed. after-school program: Calmar Elementary School
Thursday evening class Location: Devon Community Centre

√	Class	Day	Time	Cost	RGA fee*
	Parent & Tot (2-3 years)	Thurs	3:30-4:15	\$75	\$15
	Rainbow (3-5 years)	Mon	10:45-11:30am	\$75	\$15
	Beginner (6 yrs and up or Red/Orange PRISM level)	Tues Thurs	6:00-6:45 5:00-5:45	\$75	\$15
	Advanced (6 yrs and up or Yellow to Violet PRISM level)	Tues	6:45-8:00	\$95	\$15
	Calmar After-school program	Wed	3:15-4:15	\$85	\$15
	Strength and Stretch for skaters	Wed	5:00-5:45	\$75	\$15
	Ladies class (evening)	Wed	7:00-8:00	\$85	\$15

*RGA registration fee is paid once a year .

We also offer specialized flexibility clinics for athletes in different sports (primarily artistic gymnastics, cheerleading, figure skating and hockey/ringette). For more information, please contact the club.

Questions about any of our programs?

**Phone: 780-242-9069
 Fax: 780-435-1611**

**Email: arabesquerhythmics@gmail.com
 Website: www.arabesquerhythmics.ca**



We offer a 10% discount for families who register a 2nd, 3rd, 4th...family member in one of our recreational classes.

Registration Form 2011-2012

Name: _____
 Address: _____
 City: _____ Postal Code: _____
 Phone: _____ HIN: _____
 Email: _____
 Birth date (yy/mm/dd): _____
 Parents' names: _____
 Previous dance/gym experience: _____
 Emergency Contact: _____
 Emergency Phone: _____
 Medical Considerations/ previous injuries: _____

 Session: Fall Winter Spring

Please check (√) the class in the schedule on the previous page for which you are registering.

Release/Waiver Form

I state that I will not hold responsible the Devon Alliance Church, Arabesque Rhythmics or its coaches for any personal injuries or property loss or damage suffered by my child while participating in Arabesque Rhythmics classes or associated activities.

Parent/Guardian signature: _____
Date: _____

Athletes' image, likeness, name (excluding personal address, phone, facsimile numbers and email addresses) province, city/town and club as well as previous competitive or performance history may be used in publications and on the internet by Rhythmic Gymnastics Alberta as well as its agents and sponsors from time to time (hereinafter referred to both individually and collectively as 'RGA') and also by Arabesque Rhythmics.

Parent/Guardian signature: _____
Date: _____

Please make cheques (class + RGA registration) payable to Arabesque Rhythmics. PLEASE DATE CHEQUE FOR FIRST CLASS OF EACHSESSION. Complete and mail this form to: Arabesque Rhythmics c/o 9703 84th Ave, Edmonton AB T6E 2E8 OR bring the signed forms and your cheque/cash to the first class.