

2023/24 Classes and Registration

RECREATIONAL CLASSES

Teamwear/Equipment for Recreational Classes:

- Bring a water bottle and a healthy snack for before or after class!
- Black tank and black bike shorts.
- Hair should be pulled back in a ponytail or bun.
- Apparatus will be provided or if you have apparatus, you can bring it (rope, hoop, ball etc.).

Parent & Tot Rhythmic Gymnastics Class Ages 2-4 (Westshore)



New Class – January 2024! This class is a great opportunity for a caregiver and child to spend quality time together and with other parents and their children. During this structured class, we will use games, songs, and activities to introduce your little one to various dynamic movements with balls, ribbons, scarves, hoops and possibly other apparatus. There will also be time for free play/creative expression. Caregiver participation is required. Class is offered at Westshore Centennial Centre 2805 Carlow Rd in the Oak Room. Register [HERE](#)

Ages: 2-4

Time: Mondays (11-11:45) January 15 – February 12

Fee: \$50.00 (Annual Registration Fee NOT required)

RG Butterflies (Ages 3-4) M 545-615 (Shoreline)

This 30-minute weekly class brings together 3- and 4-year-olds to start using rope, hoop, ball, scarves and ribbon with music improving their flexibility and coordination in a fun and safe learning environment. Gymnasts will perform in club shows (Snowflake and Year End).

Class: M 5:45 to 6:15 (Shoreline). Also offered on Wednesdays!

Fees: \$35.00 Month*

***\$55.00 annual registration fee also required.**

RG Butterflies (Ages 3-4) W 545-615 (Shoreline)

This 30-minute weekly class brings together 3- and 4-year-olds to start using rope, hoop, ball, scarves, and ribbon with music improving their flexibility and coordination in a fun and safe learning environment. Gymnasts will perform in club shows (Snowflake and Year End).

Class: Wednesdays 5:45 to 6:15 at Shoreline Community School. Also offered on Mondays!

Fees: \$42.00 per month*

***\$55.00 annual registration fee also required.**

WCRG gratefully acknowledges the financial support of the Province of British Columbia.

RG Rhythmic Minis (Age 5-7) S 9-10 (SMS)

New Class January 2024! The goal of this class is to introduce gymnasts to the sport of rhythmic gymnastics and help them gain fundamental skills in a fun and safe learning environment. They will be using rope, hoop, ball, scarves, and ribbon. Performing in club shows is highly recommended. Gymnasts will be placed in the classes according to age groups. Gymnasts will perform in club shows (Snowflake and Year End). **The long-term goal of this class is to prepare gymnasts for the Performance Gymnaestrada Team or Pre-Competitive Team.*

Ages: 5 to 7

Class: Saturdays 10:00 - 11:00. Also offered on Tuesdays

Fees: \$81.00 per month*

***\$55 annual registration fee required**

RG Rhythmic Minis (Age 5-7) S 10-11 (SMS)

The goal of this class is to introduce gymnasts to the sport of rhythmic gymnastics and help them gain fundamental skills in a fun and safe learning environment. They will be using rope, hoop, ball, scarves, and ribbon. Performing in club shows is highly recommended. Gymnasts will be placed in the classes according to age groups. Gymnasts will perform in club shows (Snowflake and Year End). **The long-term goal of this class is to prepare gymnasts for the Performance Gymnaestrada Team or Pre-Competitive Team.*

Ages: 5 to 7

Class: Saturdays 10:00 - 11:00. Also offered on Tuesdays

Fees: \$81.00 per month*

***\$55 annual registration fee required**

RG Rhythmic Minis 2 (Age 5-7) S 11-12 (SMS)

New Class January 2024! The goal of this class is to introduce gymnasts to the sport of rhythmic gymnastics and help them gain fundamental skills in a fun and safe learning environment. They will be using rope, hoop, ball, scarves, and ribbon. Performing in club shows is highly recommended. Gymnasts will be placed in the classes according to age groups. Gymnasts will perform in club shows (Snowflake and Year End). **The long-term goal of this class is to prepare gymnasts for the Performance Gymnaestrada Team or Pre-Competitive Team.*

Ages: 5 to 7

Class: Saturdays 10:00 - 11:00. Also offered on Tuesdays

Fees: \$81.00 per month*

***\$55 annual registration fee required**

Locations:

SMS: St. Margaret's School 1080 Lucas Ave

Shoreline: Shoreline Community Middle School 2750 Shoreline Dr

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RECREATIONAL CLASSES

RG Rhythmic Minis (Age 5-7) T 530 - 630 (SMS)

The goal of this class is to introduce gymnasts to the sport of rhythmic gymnastics and help them gain fundamental skills in a fun and safe learning environment. They will be using rope, hoop, ball, scarves, and ribbon. Performing in club shows is highly recommended. Gymnasts will be placed in the classes according to age groups. Gymnasts will perform in club shows (Snowflake and Year End). *The long-term goal of this class is to prepare gymnasts for the Performance Gymnaestrada Team or Pre-Competitive Team.*

Ages: 5 to 7

Class: Tuesdays 5:30 - 6:30 (SMS). Also on Saturdays.

Fees: \$81.00 per month*

**\$55 annual registration fee required*

RG Sparkles (Ages 3-5) S 915-10 (SMS)

This 45-minute weekly class brings together 3- to 5-year-olds to start using rope, hoop, ball, scarves and ribbon with music improving their flexibility and coordination in a fun and safe learning environment. Gymnasts will perform in club shows (Snowflake and Year End).

Class: S 9:15 to 10:00 AM (SMS)

Fees: \$61.00 per month*

**\$55 annual registration fee required*

RG Sparkles 2 (Ages 3-5) S 1015-11 (SMS)



New Class – January 2024! This 45-minute weekly class brings together 3- to 5-year-olds to start using rope, hoop, ball, scarves and ribbon with music improving their flexibility and coordination in a fun and safe learning environment. Gymnasts will perform in club shows (Snowflake and Year End).

Class: S 9:15 to 10:00 AM (SMS)

Fees: \$61.00 per month*

**\$55 annual registration fee required*

Locations:

SMS: St. Margaret's School 1080 Lucas Ave

Shoreline: Shoreline Community Middle School 2750 Shoreline Dr

RG Unicorns (Age 7+) M 7-8 (Shoreline) OR T 630-715 (SMS) OR W 615-7 (Shoreline)

The goal of this class is to introduce gymnasts to rhythmic gymnastics in a fun and safe learning environment. Gymnasts will learn apparatus handling (ball, hoop, rope, and ribbon), basic gymnastics movements (pivots, jumps, balances, acrobatic elements, and flexibility) and develop their coordination and balance. Gymnasts will perform a solo or group routine in the Club shows (e.g., Snowflake Show and Year End Show) and may transition to the pre-competitive program or Gymnaestrada. Gymnasts can enroll for one or two classes per week.

Ages: 7+

Time: Mondays 7:00 – 8:00 \$52.00 per month* OR

Time: Tuesdays 6:30 – 7:15. \$63.00 per month* OR

Time: Wednesdays 6:15 – 7:00. \$63.00 per month*

**\$55 annual registration fee also required.*

RG Junior Gymnaestrada (Ages 7+) M & W 7-8PM (Shoreline)

Gymnaestrada is a celebration of movement and physical activity in a non-competitive environment. The event captures the true essence of the "Gymnastics For All" and "Active for Life" philosophies of sport and recreation. Gymnaestrada encourages a non-competitive environment focusing on active participation for all individuals, regardless of age, gender, skill level or ability. Participants share in the fun and excitement of performing, and demonstrate physical, technical, and creative abilities that are inspired by a wide variety of traditional and non-traditional gymnastics disciplines and movements. It is anticipated the Junior Gymnaestrada will participate in the BC Gymnaestrada held annually in BC. More information [here](#).

Ages: 7 and up

Time: 60 minutes 2 x per week

Fees: \$124.00 month*

***\$55.00 annual registration fee required**

RG Rhythmic Ladies (Ages 16 +) Wednesdays 7-8 PM (Shoreline)

This class is for ladies of all ages (16+) and is an ideal way to keep fit and flexible physically and mentally. Gymnasts will learn the fundamental skills of rhythmic gymnastics in a fun and safe learning environment. They will be using rope, hoop, ball, scarves and ribbon and non-traditional apparatus such as fans and large scarves. The goal will be to perform in a Club Show (optional).

Ages: 16 and up

Time: 60 minutes 1x per week

Fees: \$81.00 month*

**\$55 annual registration fee required*

2023/24 Classes and Registration

RECREATIONAL CLASSES

RG Rhythmic Minis (Age 5-7) S 9-10 (SMS)



New Class January 2024! The goal of this class is to introduce gymnasts to the sport of rhythmic gymnastics and help them gain fundamental skills in a fun and safe learning environment. They will be using rope, hoop, ball, scarves, and ribbon. Performing in club shows is highly recommended. Gymnasts will be placed in the classes according to age groups. Gymnasts will perform in club shows (Snowflake and Year End). **The long-term goal of this class is to prepare gymnasts for the Performance Gymnaestrada Team or Pre-Competitive Team.*

Ages: 5 to 7

Class: Saturdays 9:00 - 10:00. Also offered on Tues

Fees: \$81.00 per month*

**\$55 annual registration fee required*

RG Rhythmic Minis (Age 5-7) S 11-12 (SMS)

New Class January 2024! The goal of this class is to introduce gymnasts to the sport of rhythmic gymnastics and help them gain fundamental skills in a fun and safe learning environment. They will be using rope, hoop, ball, scarves, and ribbon. Performing in club shows is highly recommended. Gymnasts will be placed in the classes according to age groups. Gymnasts will perform in club shows (Snowflake and Year End). **The long-term goal of this class is to prepare gymnasts for the Performance Gymnaestrada Team or Pre-Competitive Team.*

Ages: 5 to 7

Class: Saturdays 11:00 - 12:00. Also offered on Tuesdays

Fees: \$81.00 per month*

**\$55 annual registration fee required*

RG Rhythmic Minis (Age 5-7) T 530 - 630 (SMS)

The goal of this class is to introduce gymnasts to the sport of rhythmic gymnastics and help them gain fundamental skills in a fun and safe learning environment. They will be using rope, hoop, ball, scarves, and ribbon. Performing in club shows is highly recommended. Gymnasts will be placed in the classes according to age groups. Gymnasts will perform in club shows (Snowflake and Year End). *The long-term goal of this class is to prepare gymnasts for the Performance Gymnaestrada Team or Pre-Competitive Team.*

Ages: 5 to 7

Class: Tuesdays 5:30 - 6:30 (SMS). Also on Saturdays.

Fees: \$81.00 per month*

**\$55 annual registration fee required*

PRE-COMPETITIVE AND COMPETITIVE TEAMS

Please note that the Pre-Competitive and Competitive Teams are working on their routines for 2023/24. Mid-year registrations may be possible for experienced gymnasts.

Please email: gymnasticsinvictoria@gmail.com

Locations:

SMS: St. Margaret's School 1080 Lucas Ave

Shoreline: Shoreline Community Middle School 2750 Shoreline Dr

WCRG gratefully acknowledges the financial support of the Province of British Columbia.