



SAMPO RHYTHMIC GYMNASTICS CLUB

Website: samporgc.ca

Email: samporg@gmail.com

2013 - 2014 RECREATIONAL PROGRAM – SEPTEMBER 30th, 2013 - MAY 12th, 2014

INFORMATION AND REGISTRATION FORM

RHYTHMIC GYMNASTICS is a sport in which girls and women can develop total body fitness including strength, flexibility, balance and endurance. Rhythmic gymnastics combines the grace of ballet, the athleticism of artistic gymnastics and the creative movement of dance while incorporating various apparatus such as ribbons, balls, hoops, ropes, scarves and clubs, all done to music. Each movement interprets the music by following the rhythm.

SAMPO RHYTHMIC GYMNASTICS CLUB is providing classes in rhythmic gymnastics to children and women from September 2013 to May 2014. Classes will be held at the following locations, pending the approval of permits by schools:
Algonquin Rd. Public School, 2650 Algonquin Rd.,
Ecole publique Helene-Gravel, 1412 Stephen St.,
R.L. Beattie Public School, 102 Loach's Rd.

SESSION DATES

Classes begin on MONDAY SEPTEMBER 30TH, 2013 and end on MONDAY DECEMBER 16TH, 2013 for Christmas Break. Classes resume on MONDAY JANUARY 6TH, 2014 and end on WEDNESDAY MAY 14TH, 2014. Classes will not be held during March Break – Monday March 10th to Wednesday March 12th, 2014.

RECREATIONAL FEES – 2013 – 2014

Classes 1 - 6	1 st child \$230 Additional child \$225
Other purchases required:	
<i>Sampo T-shirt</i>	\$15 - \$20
<i>Equipment</i>	\$15 - \$40
<i>Performance suit</i>	\$60 deposit

FEES FOR LADIES (20 years of age and over)

Class #7 – \$150; Class #8 – \$210;
Class #7 & #8 – \$300.

REGISTRATION BY MAIL

For your convenience, please register by mail. Complete the attached registration form and enclose a cheque or money order payable to SAMPO RHYTHMIC GYMNASTICS CLUB. Forms are also available at Sampo's website, samporgc.ca

Forward registration forms and payment to:
SAMPO RHYTHMIC GYMNASTICS CLUB
982 Ramsey Lake Road
SUDBURY, Ontario P3E 6J7

REGISTRATION NIGHT – SEPTEMBER 18TH

Class registration will be held on WEDNESDAY, SEPTEMBER 18TH at DUMAS', YOUR INDEPENDENT GROCERS, 82 Lorne Street, Sudbury, in the upstairs Community Room, between 6:00 p.m. and 8:00 p.m.

REGISTRATION POLICY

Payment of fees must be submitted with registration forms. NSF cheques will be charged a \$50 administrative fee.

REFUND POLICY

A written request for a refund, stating the reason for the gymnast's withdrawal from classes, must be received by the gymnast's coach by OCTOBER 23RD, 2013; an administration fee will apply. There are no refunds on equipment, after its receipt.

CLASS ATTIRE AND PERFORMANCE SUITS

Gymnasts are required to wear a leotard and footless tights to class. Some coaches may request that gym slippers be worn in class. Gymnasts are required to wear a Sampo t-shirt and black footless tights for the February Gymnaestrada performance. Performance suits required for the Spring Spirit performance will be ordered in November. Each gymnast must purchase a performance suit for Spring Spirit. Order forms will be provided. A \$60 deposit towards the purchase of the suit is required upon registration.

PLEASE NOTE: NO SOCKS PERMITTED ON GYM FLOORS AND NO CHEWING GUM IN GYMS.

EQUIPMENT

Gymnasts are required to purchase equipment for use in classes and performances.

Information and order forms will be provided early in the year.

SPRING SPIRIT YEAR END PERFORMANCE

The location and date of Sampo's 44th Spring Spirit is TO BE ANNOUNCED. Admission fee is \$12 / person. **Two Spring Spirit tickets are included in the registration fee for each participant registered in classes 1-6.** The location and date of the Spring Spirit Stage Rehearsal is TO BE ANNOUNCED.

FURTHER INFORMATION

Further information about Sampo Rhythmic Gymnastics Club may be obtained by contacting:

Jeanne Jakubo	705.566.8804
Deborah Tincombe	705.675.2896
Maija Ceming	705.671.2922



SAMPO RHYTHMIC GYMNASTICS CLUB

2013 - 2014 RECREATIONAL PROGRAM CLASS SCHEDULE

SEPTEMBER 30th, 2013 - MAY 12th, 2014

Note: *Gym locations are dependent on school board schedules and are subject to change.
Class times may be adjusted to accommodate the number of gymnasts registered.*

CLASS #	AGE	DAY	TIME	LOCATION (Pending approval)	COACHES	ASSISTANT COACHES
1	Girls 3-4 years	Monday	6:00-7:00 pm	<i>R. L. Beattie P. S.</i>	Susanne Neufeld Laurie Lukkarila	Kim Leduc
2	Girls 5-7 years	Wednesday	6:00-7:00 pm	<i>Helene-Gravel</i>	Jeanne Jakubo	Daria Gorski Kate Manarin
3	Girls 5-6 years	Tuesday	6:00-7:00 pm	<i>R. L. Beattie P. S.</i>	Tanja Ceming	Carli O'Hara
4	Girls 9-12 years	Tuesday	7:30-8:30 pm	<i>R. L. Beattie P. S.</i>	Tanja Ceming	Carli O'Hara
5	Girls 7-9 years	Wednesday	6:00-7:00 pm	<i>Algonquin P. S.</i>	Karen Lukkarila	Maxine Berube Erin Reed
6	Teen Girls 13-19 years	Wednesday	8:00-9:00 pm	<i>Helene-Gravel</i>	Deborah Tincombe	Carli O'Hara
7	Ladies 20 & over	Wednesday	7:00-8:00 pm	<i>Helene-Gravel</i>	Maija Ceming	Heini Heinonen-Kari
8	Ladies 20 & over Performing Group ¹	Monday	7:00-8:30 pm	<i>R. L. Beattie P. S.</i>	Liisa Kovala	Deborah Tincombe
9	Ladies 20 & over ²	Tuesday & Thursday	12:10-1:00 pm	Church of the Epiphany	Maija Ceming	Heini Heinonen-Kari

1. Eligibility for participation in the Ladies' Performing class requires attendance in one other 1 hour class. Options are Wednesday 7:00–8:00 pm and Tuesday or Thursday 12:10–1:00 pm
2. Contact Maija Ceming at 705.671.2922 for information regarding fees for Class #9.

COMPETITIVE AESTHETIC GROUP GYMNASTICS (AGG) PROGRAM

Sampo offers a competitive Aesthetic Group Gymnastics (AGG) Program to girls who are 9 to 19 years of age, have been recommended by a Sampo coach or have experience in a related gymnastics or dance discipline. Participants in AGG are chosen during an audition in September. Gymnasts enrolled in AGG must attend the program for a minimum of four hours per week.

AGG gymnasts participate in a variety of performances and competitions including the annual provincial Red Ribbon Competition, Canadian Gymnaestrada and World Gymnaestrada. Gymnasts will be training to participate in the 2014 Canadian Gymnaestrada to be held in Calgary, Alberta and the 2015 World Gymnaestrada to be held in Helsinki, Finland.

It is highly recommended that returning gymnasts and prospective gymnasts wishing to audition attend Sampo's AGG Summer Camp from Monday August 19th to Friday August 23rd (evenings). Registration forms are available on Sampo's website sampo.gc.ca

For further information about Sampo's AGG Program and the Summer AGG Camp, please contact Karen Lukkarila, AGG Co-ordinator, at 705.525.6170.