



Rhythmic Rag

Recreation Edition 2007-2008

Newsletter 4: May 2008



Gymnaestrada

Our gymnasts did a great job showcasing their talents at the Gymnaestrada on April 2nd at Sacred Heart High School Theatre. We hope they also enjoyed and were inspired by all the choreographed routines performed by the different recreational classes and the advanced program.

Spring Session and Badge Day

The KRSG recreational spring session is now underway. This is a six-week session for current recreational gymnasts who want to continue fun classes and develop rhythmic skills as well as brand-new gymnasts who want to give the sport a try. The content of the spring classes will focus on further badge development and a variety of new and fun skills, with testing for badges possible upon the coaches' recommendation. Badge day for this session will be on Saturday, May 31st, at Bridlewood Gym from 10am-12pm. Coaches will inform the gymnasts that are eligible for testing. The testing fee is \$10 per badge.

Classes are cancelled on Saturday, May 17th and Saturday May 31st. The last classes for the Spring Sessions are as follows: Tuesday May 27th, Wednesday May 28th and Saturday June 7th.

Upcoming KRSG Events

Red Ribbon Competition- Saturday May 17th

Come and cheer on our advanced training Aesthetic Group Gymnasts as they compete with their group routines at Red Ribbon. The event is being held by our club at Sacred Heart High School, located at 5870 Abbott Street in Stittsville. The competition runs from 12-4pm.

Open House – Saturday June 21st, 10am-2pm

Bring your friends and neighbours to our open house at the Bridlewood Gym and learn more about the club. Take advantage of our Open House Early Bird registration for the 2008 programs. This limited time offer will give a reduction on fall rates.

Auditions – Saturday June 21st 3-4pm

Auditions will be held in the Bridlewood Gym for gymnasts who would like to join our advanced programs. Coaches will communicate with the families of gymnasts selected to attend the auditions. The gymnasts will work with our coaches for an hour. Parents will be contacted later in the week to discuss the best program for their daughter.

KRSG – A Nut-Free Zone

Thank you for your cooperation in ensuring that we operate in a nut-free zone.



Suggestions



Gymnasts and parents – please send in your ideas for improving the recreational program. Bring your comments to your coach or email them to info@krsrg.org All suggestions welcome.