



Sapphires

RHYTHMIC GYMNASTICS

COMPETITIVE PROGRAM



Fostering Creativity,
Fitness and Joy
Through Movement

2025 – 2026

ABOUT OUR PROGRAMS

- ♦ Pre-season classes start September 3, 2025, and competitive programs begin October 1, 2025. Regular season training ends after Provincial Championships (April / May 2026 TBC). After Provincial Championships, training consists of group practices for Provincial Gymnaestrada, and typically run twice per week. A detailed practice schedule and further information will be available approximately mid-May 2026.
- ♦ No classes on statutory holidays, school winter and spring breaks.
- ♦ **Dates, times, and locations are subject to change.**
- ♦ The Sapphires reserve the right to combine or cancel any class that does not meet the minimum requirement of **5 gymnasts**.
- ♦ All coaches are certified according to the National Coaching Certification Program and in CPR & First Aid.
- ♦ **The Sapphires are not responsible for class cancellations caused by the facility provider.** In the event of a facility cancellation, the Sapphires will attempt to arrange for use of an alternate facility. However, if another facility is not available, the class will be cancelled and may not be rescheduled for another date.

Notes Regarding Competitive Classes:

- ♦ Competitive rhythmic gymnastics is done on a 13m² carpet. The Sapphires are proud to be able to offer training on a carpet 1-2 times per week to all competitive gymnasts training 2 days or more.
- ♦ If a gymnast is unavailable on an evening when her class is scheduled, please contact the Head Coach at the start of the season as there may be an option to train on an alternate day. The Sapphires try to accommodate family's schedules as best as possible because we believe it is important children have an opportunity to participate in other activities.
- ♦ Gymnasts have the freedom to choose to compete as much or as little as they like throughout the season. Typically, there are between 4 and 6 competitions throughout the season, usually taking place during December to May. Please note that the Sapphires Challenge and Provincial Championships are mandatory competitions. If a gymnast is unsure of the desire to compete, it is completely acceptable to train and only compete in these competitions.
- ♦ In addition to competitions, gymnasts will have various other opportunities to perform their routines throughout the season (Sapphires Winter/Spring displays, mock competitions, etc.). Parents are encouraged to communicate regularly with their child's coach regarding upcoming competition and performance intentions.

Other Items

Refund Policy:

- ♦ In the event of a program cancellation by the Sapphires, a full refund will be issued.
- ♦ Refund requests will be accepted up to December 1st, 2025, and will be pro-rated based on the number of classes that took place between the start of the season to the date of the refund request.
- ♦ There are no refunds after December 1st, 2025. ***Note that any remaining monthly payments will still be due and payable.***
- ♦ Exceptions to the refund policy are as follows:
 1. Injury (medical certificate/doctor's note required).
 2. Mandatory closures or other restrictions by the Province of Manitoba and/or Sport Manitoba.

Please note that the mandatory RGM fees and Sapphires administration fees are **non-refundable**.

Fundraising:

- ♦ Fundraising is an important part of any non-profit organization, but one we try to keep to a minimum. Funds are used to enhance our programs by way of new equipment, music, and special events.
- ♦ Optional fundraising events may include selling gift cards, selling poinsettias, etc. Information regarding these events will be available on our website in late September 2025.

Parent Requirements:

- ♦ Parent support is greatly relied upon to keep our club operating efficiently, and to provide optimal support for our coaches, and ultimately, our athletes.
- ♦ It is **MANDATORY** that all parents attend our first meeting of the season (September or October TBC), to learn how they can become involved and to obtain information about the upcoming season. This event is a great opportunity to meet other parents in the Club as well as our coaches! More details will be provided in September.
- ♦ A Volunteer Deposit of \$200 is **mandatory** and is included in training fees. Each family can volunteer for various positions at Elite Manitoba, Sapphires Challenge, Provincial Championships, and Provincial Gymnaestrada. Upon the completion of each volunteer shift, a \$50 credit can be applied to the athlete account.
- ♦ **Mandatory participation** includes volunteering at Sapphires Challenge and other competitions hosted by RGM which require the participation of each club. Every effort is made to ensure that no one misses their child's performance. These are wonderful opportunities to meet other parents, both within our club, and from other clubs, and share in the fun and friendship of the Manitoba rhythmic gymnastics community.

About Fees and Additional Costs

What Do Fees Include?

- ♦ Registration with Rhythmic Gymnastics Manitoba (non-refundable)
- ♦ Sapphires administration fee of \$65 (non-refundable). The administration fee includes set up and maintenance of the gymnast accounts. and such items as registering the gymnast for competitions, preparation for out-of-town competitions, ordering equipment, team jackets and other wear, and other administrative items.
- ♦ The mandatory volunteer deposit fee of \$200 (can be earned back by volunteering!)
- ♦ Participation in Provincial Gymnaestrada as well as the Sapphires Challenge competition and Provincial Championship competition are **mandatory** for all competitive gymnasts and are included in the training fees.
- ♦ Team and individual photos

Discounts

- ♦ Family discount of \$50 per child for 2 or more children registered in the competitive program.
- ♦ \$50 per child if paying the years' training fees in full.
- ♦ Gymnasts returning from the 2024-2025 season (Recreational or Competitive programs) are eligible for a \$50 discount on the competitive program fees.

Additional Costs

- ♦ Bodysuits, individual equipment, toe shoes, club tracksuits, group competition bodysuit. You may want to take advantage of the Sapphires used bodysuit/equipment sale in the fall. Details on the event will be distributed in September.
- ♦ Summer, winter, and spring camps (optional).
- ♦ Competition fees range from \$100 - \$160, and there are 6 local competitions: ARGO, Royals, Sapphires Challenge, Elite Manitoba, HPTCI Manitoba Cup, and Provincial Championships. Please note that once registered, **competition fees are non-refundable** (some exceptions may be available upon presentation of a medical certificate stating that the athlete was unable to compete).

INTERCLUB PROGRAM

The Interclub rhythmic gymnastics program is a great option for gymnasts looking for something more than a recreational class.

The interclub program allows for competitive opportunities for athletes of all ages and abilities. Gymnasts competing in the interclub stream are adjudicated but not ranked against other gymnasts in their level. Gymnasts receive a gold, silver, bronze or participation award based on their performance at a competition. This creates a positive, fun and encouraging competition environment! Gymnasts are eligible to perform at displays, local invitationals and Provincial Championships.

Interclub Levels 1—2: Classes are 1.5 hours in length

Ages 5 – 8 (born 2021, 2020, 2019 or 2018)*

1 day per week: \$1050

2 days per week: \$1300

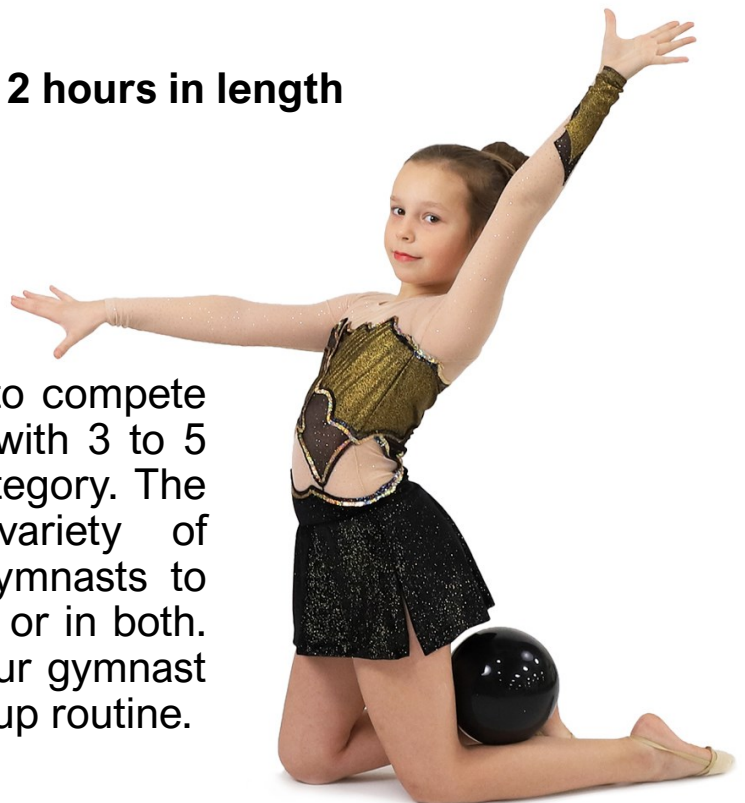
Interclub Levels 2+: Classes are 2 hours in length

Ages 8+ (born 2018 & earlier)*

1 day per week: \$1150

2 days per week: \$1400

Interclub gymnasts are also able to compete as groups! Groups can compete with 3 to 5 gymnasts within the same age category. The Interclub program offers a variety of programming options, allowing gymnasts to compete as individuals, in groups, or in both. Please let our coaches know if your gymnast is interested in performing in a group routine.



*Age is determined as of **December 31, 2026**

PROVINCIAL STREAM PROGRAMS

Level 1B: ages 7 and 8 (born 2019 or 2018)*

Level 2A: age 9 (born 2017)*

This program is for our youngest provincial stream competitors! Classes are 2.0 hours in length, for a total of 2, 4, or 6 hours per week. It is recommended that gymnasts train at least 4 hours per week at this level.

Gymnasts will be focusing on developing body and apparatus skills and mastering fundamental movement patterns in a fun and exciting environment. Gymnasts will be empowered to face new challenges and will be guided in team environment to accomplish their goals! Gymnasts are eligible to compete at local and out-of-province invitationals, as well as at Provincial Championships.



1 Day per week: \$1300

2 days per week: \$1600

3 days per week: \$1900



*Age is determined as of **December 31, 2026**

PROVINCIAL STREAM PROGRAMS

Level 2B: ages 9 and 10 (born 2017, 2016)*

Levels 3A & 3B: ages 11 and 12 (born 2015, 2014)*

Levels 4A & 4B: ages 13 and 14 (born 2013, 2012)*

Gymnasts in these levels will be working on increased apparatus mastery and more advanced body skills. Gymnasts will learn to train with a growth mindset to overcome new challenges and achieve their goals, while focusing on growing confidence and teambuilding! Gymnasts are eligible to compete at local and out-of-province invitionals, as well as at Provincial Championships. Gymnasts hoping to train at an Elite level in the future should plan to train 3 to 4 times per week. Classes are 2.5 hours in length, for a total of 5, 7.5 or 10 hours per week.

1 day per week: \$1900

2 days per week: \$2200

3 days per week: \$2500



*Age is determined as of **December 31, 2026**

WESTERN STREAM / ELITE DEVELOPMENT

Level 2C: returning gymnasts (born 2017, 2016)*

Level 3B & 3C: new and returning gymnasts (born 2015, 2014)*

Level 4B & 4C: new and returning gymnasts (born 2013, 2012)*

Level 5: ages 14 and 15 (born 2012, 2011)*

Level 6: ages 16+ (born 2010 & earlier)*

This is an Elite Development program for our provincial stream athletes. Gymnasts in this program are eligible to compete in the Western Regional Championships (WRC), as well as in local and out-of-province invitionals. Gymnasts who want to compete at the WRC and/or travel to competitions are encouraged to train 4 to 5 times per week. This program has a heightened focus on skill mastery, grit and ambition, where gymnasts will be guided to reach their goals through a whole-person focus. Gymnasts aspiring to compete in a high-performance stream in the future should plan to train 5 times per week and they are expected to hit specific milestones throughout the competitive season. Classes are 3.0 hours in length, for a total of 9, 12 or 15 hours per week.

3 days per week: \$2600

4 days per week: \$2950

5 days per week: \$3200



The fifth training day will focus on conditioning and flexibility development, and advanced body and apparatus skill development throughout the season. This may include in person and/or virtual seminars from experts in rhythmic gymnastics, ballet and dance training.

*Age is determined as of **December 31, 2026**

COMPETITIVE GROUPS

Gymnasts competing in Western/Elite Development and Provincial Stream can also participate in group routines! Gymnasts can compete in groups of three to five. Group training can be flexible and will be confirmed by coaches upon determining if a group can be created. Gymnasts can expect to attend 4 – 5 Friday evening training sessions throughout October and November to learn group choreography, with 1 Friday evening training per month for the remainder of the competitive season to focus on group in order to not take away from their individual training. Please let our coaches know if your gymnast is interested in competing in a group routine!

Fee: TBC (depends on group numbers)

