



# GYMNASTICS FOUNDATIONS

## Part 3

### Foundations Sport Specific: "Artistic Gymnastics"

**COURSE DATES: SUNDAY NOVEMBER 28, 2010**

**Schedule:** 9:00 am – 6:00 pm

**Learning Facilitator:** Kelly Wills & Terri Bateman

**Location:** GP Gymniks Gymnastics Club  
16 Knowledge Way  
Grande Prairie, AB  
Ph: 780.539.1414

**Fees:**

- \$95 Member Fee
- \$125 Non-Member



**To register:**

Please complete one General Registration form per each of the courses and send it with payment to:

**MAIL:**

Alberta Gymnastics Federation  
#207 5800 2<sup>nd</sup> St SW  
Calgary, AB T2H 0H2

**FAX:**

(403) 259-5588

**EMAIL:**

[gpeake@abgym.ab.ca](mailto:gpeake@abgym.ab.ca)

**REGISTRATION DEADLINE NOVEMBER 15, 2010**

**Pre-requisites:**

1) Individuals registering for this course must have completed the Gymnastics Foundations Introductory Course (Part 1) and workbook. The completed workbook must be presented to the Learning Facilitator at the commencing of the course.

OR

2) Individuals who have **only** completed Part A theory (old Level 1 Theory) and need to take the Technical component in gymnastics may attend the **Part 3-Sport Specific course** providing that they have previously completed the **Part 1-Foundations Technical Intro Course prior to this course**. These individuals will also be required to complete the Foundations workbook. Those who haven't complete the Foundations Technical Intro course and/or with an incomplete/absent workbook will not be permitted into Part 3.

OR

3) Individuals who are already Level 1 Certified in Trampoline or Rhythmic Gymnastics may attend this course (part 3) to become Certified in Artistic Gymnastics. However, you must provide proof of certification for your Level 1 to AGF upon registration and you will need to complete the Foundations Workbook before the commencing of this course.

- To obtain a copy of the workbook, please contact Gina Peake (by phone: 1800-665-1010/ 403-212-5727, by email at [gpeake@abgym.ab.ca](mailto:gpeake@abgym.ab.ca)) to receive a copy of the workbook.

**Those with an incomplete/absent workbook will not be permitted into Part 2 and/or Part 3. No refunds will be issued!**