



Adagio Rhythmic Academy 5587 Olympic Street Vancouver, BC, Canada V6N 1Z4 604.261.2752



The International Rhythmic Gymnastics Academy of Vancouver and Club Adagio Present:
2009 Adagio Rhythmic Academy Summer Camp and Choreography Sessions

With Head Coach, Megan Arnold Magid and Canada's 2008 Olympian Alexandra Orlando

July 20th-August 14th, Hellenic Centre, Vancouver, BC, Canada

Mondays through Fridays 11:00 am to 4:00 pm

CAMP:

The Adagio Rhythmic Academy Summer Camp is a four week Rhythmic Gymnastics Summer Camp intensive with focus on flexibility training, aerobic and body conditioning, execution perfection, new body and apparatus skills for the upcoming season, music selection, artistry and expression. It is recommended that all National Level Athletes participate in 4 weeks of camp and that all Provincial Athletes Level 2 and Up participate in a minimum of 3 weeks of camp.

PRIVATE CHOREOGRAPHY SESSIONS:

Get a head start on the 2009-2010 Season with Choreography during Private Choreography Sessions with our coaches outside of regular camp hours. Alexandra Orlando, Canada's 2008 Olympian, Head Coach, Megan Arnold Magid and Assistant Coach, Ashley Arnold, will all be available outside of camp hours and will offer our students an opportunity to work one on one with them to create unique and original choreography for the 2009-2010 Season. As Canada's Olympian, Alex is known worldwide for her passionate, exciting and innovative routines. If you would like to have choreography session(s) blocked in your name, please reserve this when you register for Summer Camp.

FEES:

Weekly Camp Fees: \$262.50 per week (includes GST) Private Choreography Sessions: 1 hour \$100.00 or 2 hours \$180.00

WHAT TO BRING:

Water, Light Bagged Lunch, All equipment, Ankle Weights (1 or 1.5 pounds), Resistance Elastics, Notebook, Writing Instruments, Wear Training Uniform and Hair in a ponytail or bun.

HOW TO REGISTER:

Please mail cheque (payable to "Adagio Rhythmic Academy" and dated for June 30, 2009), credit card information (Visa or Mastercard) and completed registration form to:

Adagio Rhythmic Academy, 5587 Olympic Street, Vancouver, BC, V6N1Z4 or 604.261.2752 or

adriennearnold@shaw.ca

ADAGIO RHYTHMIC ACADEMY 2009 SUMMER CAMP REGISTRATION FORM

Please fill out and return with payment on or before July 1, 2009

Daughter's Name: _____ Birth date: _____

Current Level: _____

Summer Camp Weeks (please circle): Week 1 (July 20- 25), Week 2 (July 27- 31), Week 3 (Aug 3-7), Week 4 (Aug 10-14)

Allergies/Illnesses/Injuries: _____

Parent's Name: _____

Address: _____

Email Address: _____

Phone Numbers: (H) _____ (Cell) _____

Choreography Session With: _____ Choreography Session Date(s): _____

Payment Method: Cheque ___ Visa ___ Mastercard ___

Name of Cardholder: _____

Credit Card Number: _____ Exp: _____

Parent's Signature: _____ Date: _____

Office Use Only

\$ _____ CA CH VI MA Initials: _____ Date In: _____ Elec: _____ Reg Conf: _____

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