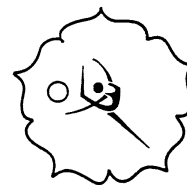


BC Rhythmic Sportive Gymnastics Federation



GYMNASTICS FOUNDATIONS

Consists of 3 courses which will prepare coaches to work with recreational participants:

1. **Gymnastics Foundations Theory (online)** – Coaches will complete 7 elearning modules through The Locker: [Make Ethical Decisions](#)*, [Emergency Action Planning](#)*, GF Theory Modules 1-5

*EAP & MED (Multisport) are prerequisites for GF Theory (Gymnastics)

2. **Gymnastics Foundations Introduction (in-person)** – Coaches will explore Gymnastics Canada's educational philosophy: FUN, Fitness, Fundamentals (stationary positions, landings, locomotions, springs, rotations). Coaches can register through Gymnastics BC's [Education Calendar](#).

3. **Gymnastics Foundations RG (in-person)** – Coaches will learn basic RG body and apparatus skills as well as the fundamentals of group choreography. Coaches will be prepared to coach school-aged recreational RG participants.

Course:	Date:	Time:	Location:
GF RG	August 6, 2026	9:00 am - 6:00 pm	Inspire Sports Victoria 601 Boleskine Rd Unit #2, Victoria, B

Coaches are responsible for their own meals, travel & accommodations.

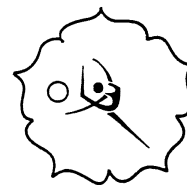
Please contact Julie Levasseur (j.levasseur0707@gmail.com) if you require assistance with accommodations.

TOTAL COURSE FEE: \$100.00 (payable to BCRSGF via e-Transfer or cheque)

e-Transfers can be sent to:
bcrsgf@rhythmicbc.com

Cheques can be mailed to:
BC Rhythmic Sportive Gymnastics Federation
268-828 West 8th Avenue,
Vancouver, BC
V5Z 1E2

BC Rhythmic Sportive Gymnastics Federation



GYMNASTICS FOUNDATIONS

REGISTRATION FORM

Name: _____

Date of Birth*: _____

NCCP #: _____

Club: _____

Address: _____
(Street Address) (City) (Province) (Postal Code)

Phone: _____

Email address: _____

***Coaches must be at least 15 years old to attend a GF course**

Registration Summary:

Course: **Gymnastic Foundations RG** X

Amount Due: **\$100.00**

REGISTRATION & PAYMENT DUE: JULY 30, 2026

Please submit completed registration forms to **Julie Levasseur** (j.levasseur0707@gmail.com) &
Sashka Gitcheva (bcrsgf@rhythmicbc.com)

FOR OFFICE USE ONLY

Date Received: _____

Amount Paid: _____