

WRGA

2025-2026



**WINNIPEG
RHYTHMIC
GYMNASTICS
ACADEMY**

**PRE-COMPETITIVE
PROGRAM**

WRGA MISSION STATEMENT

WRGA empowers female athletes through physical and mental training, supporting our athletes by helping them to achieve their goals. We endeavour to build confidence, skill mastery and excellence through the sport of rhythmic gymnastics.



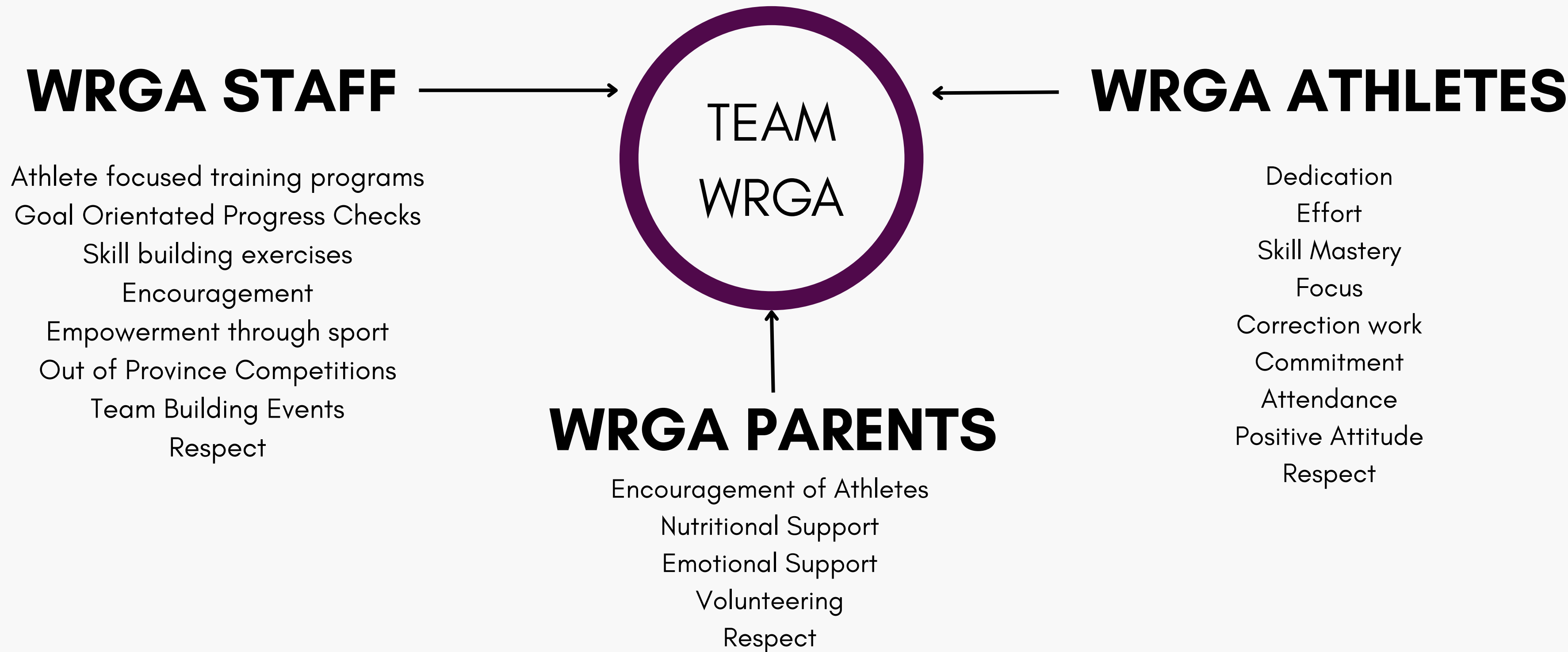
RHYTHMIC GYMNASTICS

Rhythmic gymnastics is an aesthetic sport that combines elements of gymnastics, ballet, dance, and apparatus manipulation. The sport is characterized by graceful, artistic, and fluid movements set to music, with competitors performing routines showcasing their strength, flexibility, coordination, and creativity. Key apparatus in rhythmic gymnastics include rope, hoop, ball, clubs, and ribbon.

Rhythmic gymnastics encompasses flexibility, strength, endurance, coordination, precision, expression, and creativity. Gymnasts perform 2-4 individualized routines set to music, judged on artistic and technical skills. Routines must include elements of dance, acrobatics, and apparatus handling performed in a flowing and expressive manner.



Responsibilities & Expectations of TEAM WRGA



MEET TEAM WRGA

Head Coach
Alexandra Yarema

Head Coach and co-founder Alexandra Yarema has been involved in the sport of rhythmic gymnastics for over 17 years as an athlete, coach and program developer. Coach Alex is Certified Competition 1 Coach, Certified Competition 2, and a Nationally Certified Judge. Alex is a Canadian National Champion, Western National Champion, and Provincial Champion. She was also on the Senior High Performance Team and achieved a spot on the Canadian National Team before her retirement in 2021. Alex is the program developer for WRGA Mini Stars, WRGA Rising Stars and WRGA Competitive.

Founder
Kristin Riley

WRGA founder Kristin Riley established Winnipeg Rhythmic Gymnastics Academy in 2024. Kristin is an involved sports mom who saw a need for a different type of Rhythmic Club in Manitoba, and established WRGA. Since beginning with a Competitive program that included National Stream athletes, WRGA has grown to include recreational and pre-competitive programming. Kristin has a background in business, being self employed for many years. Kristin believes that success comes from the top of any organization, and works with coaches and athletes behind the scenes to ensure their success.

MEET TEAM WRGA

Coach
Yurel Markov



Coach Yurel joined WRGA shortly after our inception in the fall of 2024. Coach Yurel has worked with WRGA athletes in both our competitive and recreational divisions. Yurel has a keen eye for detail and works with each athlete to help them achieve their personal goals in this sport. We are excited to have Yurel back with us for the 2025-2026 season!

WRGA Shooting Stars

WRGA Pre-competitive Shooting Star program is a segue into competitive training. This program builds a strong foundation for each gymnast to enable them to enter the competitive stream.

WRGA Shooting Stars are Coached by Coach Elina Khannikova and Coach Alex Yarema. Training sessions take place at Max Bell Centre at the University of Manitoba.



PRE-COMPETITIVE PROGRAM DETAILS

- WRGA competitive program is a year long program, 10 months of regular training with 2 **optional** summer intensive sessions, a 2 week period in July, and a 2 week period in August.
- WRGA monthly training fees are the yearly fee broken down into 10 payments. Refunds are not issued for missing training, and holds are not given unless a Doctor's note is provided.
- Monthly fees should not be considered a guarantee of the number of training sessions and hours per week.
- Actual hours in any given week/month may vary according to training demands, competition schedules, statutory and civic holidays, school breaks, or club events. This includes full/partial weeks off training during school breaks as these times off are included in the calculation of the annual fees. Training will generally not be offered on civic or statutory holidays, except as planned during competition season.

WRGA TRAINING OUTLINE

A typical WRGA training session follows this outline:

- Set up/ Organization
- Daily Goal Setting
- Warm Up (injury prevention, cardio, conditioning, stretching, ballet)
- Specific training (lines, body difficulties, stations, apparatus)
- Routines
- Cool Down



COMPETITIVE PROGRAM PATHWAY



PROVINCIAL STREAM In this level it is recommended athletes train a minimum of 6 hours per week. Level A athletes are further divided by age specific numbers (2A, 3A, 4A, 5A, 6A). This level has 2-3 routines depending on age. Level A athletes attend competitions throughout the season to compete against other athletes within the province, as well as attend provincial championships. Athletes in level 2A and above can attend out of province competitions.



WESTERN STREAM In this level athletes are required to train a minimum of nine hours per week. Level B athletes are further divided by age specific numbers (1B*, 2B, 3B, 4B, 5B, 6B). This level has 2-3 routines depending on age. Athletes in level 3B and higher can attend out of province competitions and are also eligible to qualify for Western Championships.

**EXCEPTION: 1B athletes compete but are not scored at a competition, only receiving awards for participation. 1Bs do not attend provincial championships.*



ADVANCED WESTERN STREAM Athletes in this stream are required to train a minimum of 12 hours per week and may go up to 16 if recommended by coach. Level C is suitable for athletes transitioning in or out of the national stream. Level C athletes are further divided by age specific numbers (2C, 3C, 4C, 5C, 6C). This level has 3 routines. Athletes in level 3C and higher can attend out of province competitions and are also eligible to qualify for Western Championships.

NATIONAL STREAM COMPETITIVE



NATIONAL STREAM Entry into this level is by invitation only. This is the most advanced level of competition. Athletes in this stream are required to train for the recommended hour requirement of 16 hours. National stream athletes are divided by age specific categories: Novice, Junior, Senior. These levels have four routines with apparatus varying for each level. Athletes in this category are eligible to compete at Elite Canada & Canadian Championships



COMPETITIVE PROGRAM MAP



Provincial
Stream



At least one full year of competition at the provincial stream level.
Athletes show an increased mastery of apparatus and body skills for their level, demonstrated by high scores and coach recommendations.



Western
Stream



Athlete shows potential for National Stream through skills, commitment and competition.
Athletes are ready to commit most of their free time to training and attending competitions.



Western
Stream



National
Stream

Entry to this level is by invitation only. Athlete attendance, commitment, skill mastery and potential are all taken into account when evaluating Athletes for this level.

WRGA UNIFORM REQUIREMENTS/Dress Code



All WRGA competitive athletes must abide by the following dress code:

1. Athletic top
2. Athletic Leggings or shorts
3. Toe Shoes
4. Hair pulled back into a neat bun or ponytail. Bangs must be pinned back at all times.

Upon registration, WRGA will advise of individual equipment and where to purchase needed uniform.

WRGA Shooting Stars Fees

WRGA Shooting Stars: Pre Competitive Program. One hour and a half class, once per week.

University of Manitoba, Max Bell Centre: Beginning September 2025

Saturday: 2:00–3:30pm

Coach: Elina Khannikova

Additional Training Sessions

Options available for multiple training sessions per week. Please contact WRGA for more details.

Thursdays: 7:30–8:30pm

Training 1.5hr/week: \$120.00 per month, plus one time yearly RGM fee of \$16.00

Training 2.5hr/week: \$150.00 per month, plus one time yearly RGM fee of \$16.00

Follow Team WRGA

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