

# NorGlen Rhythmic Gymnastics Club

## Winter Show 2022

December 5, 2022



**1. Corpus Rex**  
Masters  
Apparatus: Ball  
Coach & Choreography: Rhonda Helmeczi



**2. Rainin'**  
Ladies  
Apparatus: Umbrella  
Coach & Choreography: Janey Parks



**3. The Nights**  
Jeunesse Show Group  
Apparatus: Ball  
Coach & Choreography: Janey Parks



**4. Fireworks**  
Junior Show Group  
Apparatus: Club  
Coach & Choreography: Ellie Monument



**5. Ghostbusters**  
Intermediates  
Apparatus: Ball  
Coach & Choreography: Sierra Jenkins

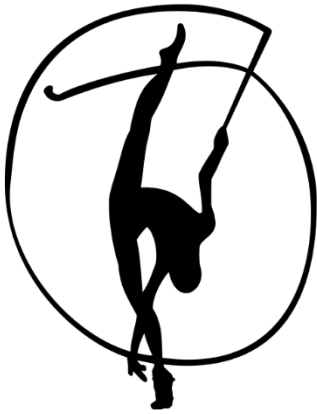


**6. Good Day**  
Jeunesse Show Group  
Apparatus: Rope  
Coach: Janey Parks  
Choreography: Marina Hirata

**7. Run Boy Run**  
Junior & Senior Show Groups  
Apparatus: Hoop  
Coach & Choreography: Nicole Caines



**8. Get Back Up Again**  
Beginners  
Apparatus: Ball  
Coach & Choreography: Ellie Monument



### 9. Stay

Jeunesse Show Group

Apparatus: Free

Coach: Janey Parks

Choreography: Marina Hirata

### 10. Legacy

World Gymnaestrada Cities Team

Apparatus: Hoop & Wide Ribbon

Coach & Choreography: Ellie Monument & Rhonda Helmeczi




If you have any questions please email

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For more information:

[www.norglen.ca](http://www.norglen.ca)

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@NorglenRGC 

#NorGlenWinterShow