

NorGlen Rhythmic Gymnastics Club

Winter Show 2024

December 9, 2024



1. Walk On

2. Warm up

Club-wide warmup
Led by Keira Gibson

3. Epic Drums

Senior Performing Team
Apparatus: Rope
Coach & Choreography: Nicole Caines



4. Arabian Nights

Junior Performing Team
Apparatus: Free
Coach & choreography: Janey Parks

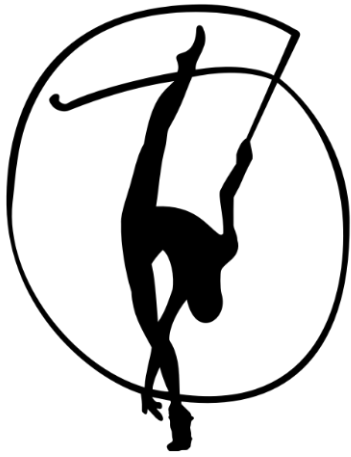
5. Walking on Sunshine

Intermediates
Apparatus: Hoop
Coach & Choreography: Keira Gibson



6. Jealous

Jeunesse Performing Team
Apparatus: Ball
Coach & Choreography: Ellie Monument



7. Shape of Lies

Masters Performing Team

Apparatus: Ribbon

Coach & Choreography: Rhonda Helmeczi

8. I Could Have Danced All Night

Ladies

Apparatus: Hoop

Coach & Choreography: Janey Parks



9. Here Comes the Sun

PreSchool

Apparatus: Scarf

Coach & Choreography: Sierra Jenkins

10. Ready For It

Junior Performing Team

Apparatus: Hoop

Coach & Choreography: Janey Parks



11. Chicago

Senior Performing Team

Apparatus: Free

Coach & Choreography: Nicole Caines

12. Girl On Fire

Jeunesse Performing Team

Apparatus: Free

Coach & Choreography: Ellie Monument





13. Bare Necessities

Beginners

Apparatus: Ball

Coach & Choreography: Sierra Jenkins



14. Choosing Dauntless

Masters Performing Team

Apparatus: Clubs

Coach & Choreography: Rhonda Helmeczi



15. Uninvited

Senior Performing Team

Apparatus: Ball

Coach & Choreography: Nicole Caines



If you have any questions please email

norglenrgclub@gmail.com

For more information:

www.norglen.ca

NorGlen Rhythmic Gymnastics Club 

@NorglenRGC 

#NorGlenSpringShow

