



Prince George Gymnastics Club News

Fall 2026

General Information

Mailing Address:

Unit 120 – 4175 18th Ave V2N 0G7

Office Phone: 250-564-7343

Coaches Phone: 250-564-7383

E-Mail: pggymnastics@telus.net

Website: www.pggymnastics.ca

Facebook Page:

www.facebook.com/pggymnastics

Instagram: @pggymnastics1

Office Hours

Monday-Tuesday 9 am-3 pm

Wednesday 9 am-6 pm

Thursday 10 am-3 pm

Friday 9 am-3 pm

Saturday 9 am-12 pm

*Closed Sundays, all Stat Holidays
and Long Weekends*

Dates to Remember:

Dieleman's Fundraiser

📌 **Organization ID:** 6610

📅 **Order Dates:** September 21–
November 17

📦 **Expected Delivery:** Last week of
November

Place your orders online and support
our fundraiser!

Purdy's

Coming Soon!

**The Gym is Closed on the following
days:**

Halloween

Closed early-No classes after 1:45
pm

Remembrance Day

Wednesday, November 11, 2026

Prince George Gymnastics Board of Directors 2025-2026

President: Lauren

Vice-President: Lindsay

Treasurer: Laura

Secretary: Jas

Fundraiser Coordinator: Manveen

PG Meet Coordinator: Alexis

Coach/Parent Liaison: Erin

Director at Large: Vicki

Director at Large: Katherine

WELCOME BACK to the GYM!!

The Prince George Gymnastics Club Board of Directors and Staff welcome all new and returning members to the upcoming 2026-2027 season.

Prince George Gymnastics is a non-profit organization with a volunteer Board of Directors who oversees the administration of the club. We rely on volunteers to help with various tasks around the gym so please do not hesitate to talk to a Board member or staff to find out how you can get involved.

We appreciate your dedication and continued registration into our programs.

GYMNASTICS FOR ALL (CANGYM)

I'd like to extend a warm welcome to all gymnasts, both new and returning. The GYMNASTICS FOR ALL (GFA) program uses Canada's National Gymnastics Skills Development Program, CANGYM.

The program focuses on fun, developing fitness and mastering fundamental progressions to skills. Level 1 covers Burgundy and Red; Level 2 covers Tan and Bronze; Level 3 covers Purple and Blue; and Level 4 covers the remaining six badges.

Progress reports are posted online at the end of the session under Evaluations (see our website on how to view them). If you would like your child's badge, you can pick it up at the office during office hours. Please feel free to talk to your child's coach if you have any questions about our programs.

Rita Hacker, Program Coordinator

ACTIVE START PROGRAM

We offer the following Active Start classes:

AS 12-24 months

AS 24-40 months

AS 40-60 months

September 1 is the cutoff for age requirements for the Fall session and December 31st is the cut off for age requirements for the Spring session. This will ensure participants are with their peers.

Please note the term "ACTIVE START". This term is taken from the Long-Term Athlete Development (LTAD) document written by Gymnastics Canada in partnership with Sport Canada. The purpose of the document is to ensure Canadian children become physically literate in safe surroundings (information about this document is available from Pacific Sport or online at gymcan.org under Programs and Documents). You may access this document via the link on our website.

Jenn Watt, Active Start Program Coordinator

Annual General Meeting

Date: Tuesday, November 24, 2026

Time: 7:00 pm

We hope to see you at our Annual General Meeting this year.

The AGM is mainly for our Election of Directors, and some general reports from the past Season. If you were hoping to have a topic discussed, please e-mail back, and we will see if we can add it to the agenda, or we will certainly provide you the answers you are looking for outside of the meeting time.



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Evacuation Plan

The following plan was designed to ensure all participants are safe and accounted for during an emergency situation. Please follow these guidelines in the event of an emergency. In the event of an emergency please remain calm and leave the building quickly by the nearest exit. Coaches will lead all participants to our meeting place in the **Kin Atrium Entrance**, where they will take attendance to ensure everyone is safe. When the situation is under control, children will be allowed to leave with their parents after checking out with their coach.

Gymnastics BC awarded Marissa the Coach Impact Award (MAG - Mens Artistic Gymnastics) and the club won Excellence in Event Hosting, as well as Volunteer Club of the Year.



Lindsay and Carolyn - Event Coordinators for Western Canada Cup - accepted the Club awards as their amazing efforts, together with their team, in organizing this event was over the top impressive.



GYM

We ask for your help to keep the gym clean by removing your shoes on the mat and place them on racks. This will protect our floors and is also done for safety reasons as wet floors can be a slipping hazard.

NO GLASS

For the safety of all our members, athletes, and visitors, we kindly ask that no glass items (such as bottles, jars, or containers) be brought into our facility. Glass can easily break, and even small shards create a serious risk of injury.

Please use non-breakable alternatives (plastic or metal bottles/containers) when bringing drinks or snacks into the facility. Together, we can help keep our space safe and enjoyable for everyone.

Thank you for your cooperation and understanding!

VIEWING

As our viewing space is VERY limited in the club, we do ask that you limit your viewing time to no more than once per month. We also ask that if the gym appears to be very busy that you wait until the following week to view.

We will monitor how this is working rather than setting a strict viewing schedule, which we have done in the past. Should it not be working, and the gym is too busy, we will be setting the viewing schedule again. ***Children must remain sitting in the chairs as they are quite tippy.**

GYM GUIDELINES

To ensure your child receives the maximum benefit and enjoyment from their classes, PLEASE:

1. Arrive on time – circle time and warm up activities are an important beginning.
2. Stay with your child until the coach calls the class out to begin.
3. Stay during the class if your child might require assistance with bathroom visits or other needs.
4. Ensure your child is appropriately dressed – body suit or shorts/pants with elastic waist and t-shirt, bare feet, long hair tied back, watches and jewelry removed.
5. We have installed a water fountain for the children's use. If you do bring a water bottle, please be sure it can be easily identified as your child's.
6. Be on time for pick up after class.
7. For safety reasons – encourage your child to leave the floor immediately after class and wait inside the building for their ride.
8. Speak with your child's coach or the appropriate coordinator: Active Start & Recreational – Rita and Jenn; Head Coach/General Manager– Jodie if you have **any** questions or concerns.
9. **If your Child is sick, please keep them home as we do not want to spread illness.**
Parking-we ask that you back into the parking stalls closest to the front of the building for safety reasons.

Do You Have a Concern About Your Child's Gym Class?

First, Contact Child's Coach...if not resolved → Contact Program Coordinator...if not resolved → Contact General Manager...if not resolved → Contact Coach/Parent Liaison