



# Prince George Gymnastics Club News

MAY 2026



## General Information

**Mailing Address:** Unit 120 – 4175 18<sup>th</sup> Ave V2N 0G7

**Office Phone:** 250-564-7343

**Coaches Phone:** 250-564-7383

**E-Mail:** [poggymnastics@telus.net](mailto:poggymnastics@telus.net)

**Website:** [www.poggymnastics.ca](http://www.poggymnastics.ca)

**Facebook Page:**

[www.facebook.com/poggymnastics](http://www.facebook.com/poggymnastics)

**Instagram:** @poggymnastics1

## Office Hours

Please visit website

## Dates to Remember:

### CLOSED:

May 16-18 – Victoria Day

June 1-7 – Last Week of Classes

## Fun Fact:

**The balance beam is *tiny***

The beam used in women's artistic gymnastics is only **10 cm (4 inches) wide**—about the width of a smartphone. Yet gymnasts do flips, twists, and landings on it like it's nothing.

## WESTERN CANADA CUP 2026 – May 8–10 | Kin 1, Prince George:

Get ready for an incredible weekend of high-flying action at the Western Canada Cup 2026! Join us May 8–10 at Kin 1 to experience an exciting trampoline competition featuring top athletes from across Western Canada, alongside our very own local talent.

You'll be amazed by the skill, strength, and artistry on display—this is a competition you won't want to miss. Come out, show your support, and cheer on Prince George's athletes as they take to the air!

We're also looking for enthusiastic volunteers to help make this event a success. If you're interested in getting involved, or have some volunteer hours to get finished up, please sign up using the Plan Hero link below. Be sure to review the volunteer role descriptions so you can find the best fit for you. They can be found under Event Description on the Plan Hero Link

### [PLAN HERO LINK](#)

**Come be part of an unforgettable event—we hope to see you there!**

## GYM-A-THON

Get ready for one of the most exciting events of the season! Our Gym-a-Thon is a fun and energetic way for athletes to show off their skills while supporting their gymnastics program.

Each gymnast will receive a pledge sheet to take home and collect flat donations from family and friends. Every contribution helps support our Competitive, Xcel, and Interclub programs—and 100% of funds raised can go directly toward your fundraising requirements.

Important Deadline:

All pledge sheets and money must be returned to the office by May 10th, 2026

What happens on Gym-a-Thon day?

Athletes, together with their coaches, will choose a skill to perform continuously for one full minute! It's a fantastic opportunity to celebrate progress, confidence, and strength. Performances will be filmed and shared on our social media and website so families can cheer them on!

Exciting Rewards:

- Raise over \$40 and earn a special prize
- The top fundraiser will win an iPad!

This is more than a fundraiser—it's a chance to build team spirit, showcase talent, and make unforgettable memories.

Let's make this Gym-a-Thon our best one yet!

## SUMMER CAMPS:

Summer Camp details will be released soon, with registration opening in mid/late-May. Stay tuned for more information on programs, schedules, and how to secure your spot!



# Prince George Gymnastics Club News

MAY 2026

## Prince George Gymnastics Board of Directors 2024-2025

**President:** Lauren

**Vice-President:** Lindsay

**Treasurer:** Laura

**Secretary:** Jas

**Fundraiser Coordinator:** Manvee

**Coach/Parent Liaison:** Erin

**PG Meet Coordinator:** Alexis

**Director at Large:** Vicki Lynn

**Director at Large:** Katherine

## REMOVE SHOES

For the safety and cleanliness of our gym, please keep shoes on the red carpets only. Do not step off the carpets with shoes, as this tracks dirt and debris into the athletes' training area.

Thank you for helping us keep the space clean and safe!

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

Contact Child's coach

.... If not resolved



Contact Program Coordinator

.... If not resolved



Contact Head Coach

.... If not resolved



Contact Coach/Parent Liaison

## SEATING

Please note our only seating is plastic chairs, please use at your own risk. You are more than welcome to bring a lawn chair for your visit

## BIRTHDAY PARTIES:

We still have one birthday party spot available on June 20 from 2:45–4:45 PM! If you're looking to celebrate with us, don't miss out. [Click here](#) for more information and details on how to register.

## LOST AND FOUND:

If you're missing something, be sure to check our Lost & Found! We've collected a variety of items that may belong to you! Our lost and found is located on the way to the washrooms, so take a look and claim your belongings before they're donated.

## 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 onto the floor. 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!

## WESTERN CANADA CUP: GO TEAM BC:

Come out to the Western Canada Cup to watch our local athletes, May 8<sup>th</sup> – 10<sup>th</sup> in Kin 1. Liam and Kennedy have qualified for Team BC. Congrats to you both, we are very proud of you and can't wait to see you compete. Good luck to all!!!

