



Prince George Gymnastics Club News

March 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

Please visit website

Dates to Remember:

CLOSED:

March 16-29 – Spring Break

April 3-6 – Easter

May 16-18 – Victoria Day

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

FREE PLAY FRIDAYS – AGES 1-4

Join us for **FREE Play Fridays** for children ages 1–4. Come in and enjoy an hour of open play in the gym, perfect for little ones to explore, move, and have fun.

🕒 9:15–10:15 AM

🕒 10:30–11:30 AM

No pressure, just play.

NORTHROAST FUNDRAISER – ORDERS READY

North Roast fundraiser orders are now ready for pick up!

Orders can be picked up anytime during office hours.

[Click here](#) for office hours.

Thank you all for your amazing support — we truly appreciate it!

SPRING BREAK

Here's what's coming up:

AGES 5-10

Tuesday March 17th & 24th 12:30pm-2:30pm

Wednesday March 18th & 25th 9:30am-11:30am

AGES 1-4

Wednesday 18th 12:00pm-1:00pm & 1:15pm-2:15pm

Wednesday 25th 12:00pm-1:00pm

ADAPTIVE

(Please read class description prior to registering for this class)

Wednesday 18th 2:30pm-3:30pm

Spots fill quickly – we can't wait to see everyone there! All registration done online.

LEVEL 2 DROP IN OPPORTUNITY:

Would your child like a little extra time to work on their LEVEL 2 SKILLS? If yes, we have set up the following dates and times as a drop in opportunity for your child.

THURSDAYS 4:30PM – 6PM; AGES 9+

FRIDAYS 5:30PM – 7PM; AGES 6-8

SUNDAYS 10:15AM – 11:45AM; AGES 9+

HOW TO REGISTER: You will proceed as you normally would for registration, you will just SELECT DROP IN after selecting the class. You can sign up for one, or multiple drop ins, all the available dates will be listed.

OUR GYM FAMILY IS GROWING!

A huge congratulations to **Coach Becky** on the arrival of her beautiful baby girl, **Josie!** Welcome to the world, little Josie — you are already so loved and we can't wait to watch you grow. Wishing Becky and her family so much joy, cuddles, and special moments as they begin this wonderful new chapter together. 🥰 ✨
Congratulations, Coach Becky! Your team is celebrating with you! 🎉



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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!

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!

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

HUNNIFORDS FUNDRAISER – DUE MARCH 10TH

The Hunnifords Garden Fundraiser is your chance to brighten your garden while backing our mission. Every purchase helps us grow — one plant at a time!

[CLICK HERE](#) for plant list and order form.

VIEWING POLICY

Due to limited space, we kindly ask families to limit viewing to once per month. If the gym is particularly busy, please wait until the following week to visit. We will continue to monitor the situation and, if necessary, may reintroduce a strict viewing schedule.

PG INVITATIONAL RECAP

The **Prince George Invitational** was a great success! 🎉

Thank you to all the incredible **volunteers and athletes** who helped make the meet run so smoothly. Your energy, effort, and teamwork are what make events like this possible. A very special thank you to **PG Meet Coordinator Alexis** for all the hard work, organization, and dedication that went into making this meet happen. Your leadership truly made a difference! 🙌

We appreciate everyone who helped make the day such a success! 🏃 🏃

