



# NEWS LETTER

**JANUARY**  
**2024**

Happy New Year DDGC! We are looking forward to an exciting beginning to 2024 together. With Aloha Gymfest, Orca Invitational, a new gym floor and much more ahead of us, we are getting right back into the swing of things! Please read through the newsletter for all of the important events coming up at DDGC!



## Important Dates

<b>Jan 3 - 5</b>	Winter Camps
<b>Jan 8</b>	First Day of Winter Recreational Classes
<b>Jan 12 - 14</b>	Aloha Gymfest
<b>Jan 12</b>	First Day of Teen/Adult Drop-In
<b>Mar 9 - 10</b>	Volunteer Work Party
<b>Mar 11 - 22</b>	Week 1 & 2 Spring Break Camps
<b>Apr 26 - 28</b>	Orca Invitational

## RECREATIONAL THEME WEEKS

<b>Jan 8 - Jan 14</b> Week 1	<b>Welcome to Gymnastics</b> Gym Orientation & Safe Landings
<b>Jan 15 - Jan 21</b> Week 2	<b>Shape-Shift!</b> Introduction to basic gymnastics shapes
<b>Jan 22 - 28</b> Week 3	<b>Bold Balances</b> Introduction to static positions
<b>Jan 29 - Feb 4</b> Week 4	<b>Rock &amp; Roll</b> Rolling forward, sideways, backwards

## ORCA SPONSORSHIP



We are getting so excited for our Annual Orca Invitational! This is a huge event and with the arrival of the new year, preparations are in full swing!

This year's event is happening **Friday April 26th to Sunday April 28th.**

Sponsors welcome! This event attracts over 1300 spectators, with attending clubs from all over Vancouver Island and Canada. This is an excellent opportunity for local businesses to advertise through sponsorship.

We have different sponsorship levels available to fit the needs and budget of any business.

Please reach out to the office to request our official Sponsorship Letter. We invite you to hand them out to businesses in your community and to friends and family whom you think may be interested in sponsoring us!

DDGC relies heavily on the support of volunteers to run a successful event. Please reach out to learn more about volunteer opportunities.



## TEEN/ADULT CLASS



We are excited to offer a drop-in Teen/Adult class! This is a great opportunity for new and returning gymnasts to explore their gymnastics abilities in a mature setting.

Class will run from 5:30 - 6:30 on January 12, 19, 26 and February 2.

Cost:  
\$10/class + Insurance Membership  
(\$43 insurance, \$36 membership)

Registration will close the day before each class.

Please reach out to the office if you have any questions!

## ALOHA GYM FEST



Aloha Gymfest is almost here! Our attending Invitational athletes are headed to Hawaii January 12th - 14th to compete in this exciting opportunity!

Thank you to everyone who showed their support and participated in our Fundraisers. Each and every contribution made such a difference.

Please wish our attending athletes the best of luck!



## WEEKLY UPDATE!



Each week we send out a weekly update to our members with important notices and upcoming events.

Join the Weekly Update! "waitlist" if you want to stay in the loop!

Follow this link:

<https://www.ddgc.ca/registration/product-detail/WeeklyUpdateDistroList>

\*Ensure you have selected "yes" for your communications preferences through your account.

## VOLUNTEER WORK PARTY



**DDGC is getting a new gym floor!** Just in time for Orca, we are so excited for this brand new addition to the gym.

We are holding a volunteer work party on **March 9th and 10th** in the gym to install the new floor and perform other equipment maintenance.

This is an excellent way to support our gym and get involved in the community. It is also a great opportunity for invitational families to work off their mandatory volunteer hours.

**We will be sending out a sign-up sheet this month to all members.**

DDGC is consistently striving to foster a modern and safe gym environment for our athletes to thrive in their gymnastics training. We are thrilled to be able to implement this aspect this year and are so thankful for your support throughout the process.



# JANUARY CALENDAR & IMPORTANT DATES!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3 	4 <b>WINTER CAMPS</b>	5 	6
7	8 <b>FIRST DAY OF RECREATIONAL CLASSES</b>	9	10	11	12 <b>TEEN/ADULT DROP IN</b>	13 <b>ALOHA GYM FEST IN HAWAII</b> 
14 <b>ALOHA GYM FEST IN HAWAII</b> 	15	16	17	18	19 <b>TEEN/ADULT DROP IN</b>	20
21	22	23	24	25	26 <b>TEEN/ADULT DROP IN</b>	27
28	29	30	31	1	2 <b>TEEN/ADULT DROP IN</b>	3

