



NEWS LETTER

JULY 2025

Welcome to Summer, Duncan Dynamics athletes and families. After a busy week of cleaning, we are BACK! This is always an exciting time of the year as we run camps, programs, and transition into a new season. Also, for those asking please note when Fall Registration begins as we have changed the date. Please read through the newsletter to stay up to date with all things DDGC!

Important Dates



July 2	First Day of Summer Camp Programs
July 7	First Day of Recreational Programs
July 2	Invitational Summer Training
July 10	Fall Registration begins
July 12	Duncan Parade

DUNCAN PARADE



Duncan Dynamics athletes will participate in the Duncan Days Parade on **Saturday July 12th from 9 to 11 am!**

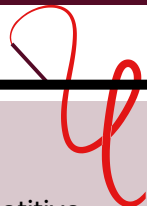
If your athlete is interested in participating, please let the office know.

This is for invitationals; so you can show off your best and look great in the suits to showcase our club.

This is a fun, supportive community event and we hope to see you there!



NEW PROGRAMS



Pop-up Acro Workshop - NEW!

These two hour workshops assist competitive dancers in learning advanced development skills for their Acro dance routines. This is for 6+.

MAG Dynagym 1 - Pilot Program - NEW!



This is a 1.5 hour beginner gymnastics class focusing on Men's Artistic Gymnastics (MAG). MAG will be developing skills using the men's gymnastics equipment. We will work on all of the fundamental movement patterns while learning through games and fun activities. This is for 6+

FALL REGISTRATION



Our Fall Recreational Schedule will be released mid-July. Please keep an eye on your email for more information and a registration date.

We have lots of exciting programs and classes fill up quickly. Please reach out if we can assist you with selecting the right program for your athlete.

Registration will be available through your online portal: www.ddgc.ca/registration/

General Inquiries (250) 746-0193



DDGC JULY 2025

WWW.DDGC.CA

DID YOU KNOW ?



SUMMER CAMPS:

WEEK 1: BEACH PARTY!
WEEK 2: WILD, WILD WEST
WEEK 3: CRAZY CARNIVAL
WEEK 4: DINOSAURS
WEEK 5: SUPERHEROS
WEEK 6: ADVENTURES IN SPACE
WEEK 7: CIRCUS PALOOZA
WEEK 8: WE LOVE ANIMALS!
WEEK 9: BACK TO SCHOOL

THANK YOU!



We would like to extend the biggest **Thank-You** to the volunteers and board members who assisted in our Gym Clean-Up last week. It is a huge task that we must take on each year and we couldn't do it without the support of our DDGC Community!

We are thrilled and energized to be heading back to a sparkling clean gym and foam pit this week with a brand new session of classes and camps.

BIRTHDAY PARTIES

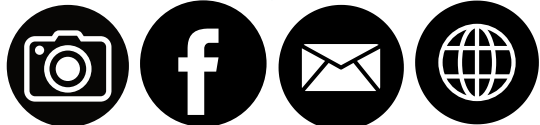


Birthday Parties for the summer has opened up, and we are doing 3 spots for both Saturdays and Sundays in July and August! July 19 and on are open to book.

ACKNOWLEDGEMENTS



Our last invitational was Island Time in Nanaimo June 13 to 15. Our team participated in the following categories: Interclub, Xcel Gold, Silver, and Bronze and CCP 1-4. They achieved great results and there are too many awards to list. You can find the results. [Click here!](#)



A MESSAGE FROM OUR CLUB COORDINATOR!

LINDA HOLFORD

It has been great meeting the parents and learning so much more about gymnastics from the side of the coaches. I want to thank everyone who has helped to train me. I have updated the website; so if you have any comments that would help make it more efficient, just send me an email any time.

