



NEWS LETTER

OCTOBER 2025

Hello everyone!

We're already one month into our fall session, and it's been wonderful seeing the gym full of energy and excitement. Here are a few important reminders to keep you up to date:

Not sure about closures or changes? Stay connected:

- ✉ Check your email
- 🌐 Visit our website news
- 📱 Follow us on social media

As the leaves change and we head into cooler weather, we're so excited to share this season with you. Thank you for being part of our community! We are also starting fundraising for some exciting projects. Stay Tuned.

IMPORTANT DATES



Oct 4	Last Day for Adjusting Fall Programs
Oct 11-13	Thanksgiving Weekend - No Classes Gym Closed
Oct 19	Gymnaestrada Training Starts
Oct 24	Pro-D Day Camps
Oct 31	Halloween - No classes after 3 pm

NEW PROGRAMS

Gymnaestrada Program 25-26

The tryouts happened and emails have been sent to those that have been accepted. The first practice starts October 19. Enjoy this new program and good luck!



HALLO-WEEK

Halloween Costumes

We love seeing everyone's creativity on Halloween! Please remember that costumes must have your gym wear incorporated so you can safely perform all your regular activities.

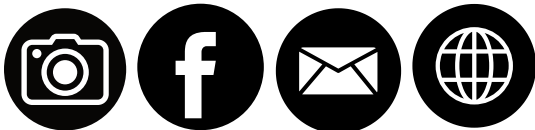
PRO-D DAY CAMP

Registration is open for our Pro-D Day Camp coming up on Friday, October 24! This Camp is Spooktacular! Spread the word to your family and friends.

Pro-D Day camps are a great way for gymnasts to enjoy more gymnastics in their schedule without the long-term commitment and receive the opportunity to work on skills and apparatus they may not typically use in their regular classes.

9:00 AM - 4:00 PM

Ages: 6 - 12 years



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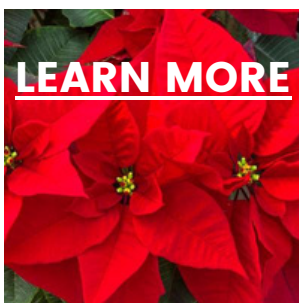
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DID YOU KNOW ?

General Inquiries (250) 746-0193

"News" - In case you miss something in emails, the website has a header tab called News. We are starting to post items there.

UPCOMING FUNDRAISERS



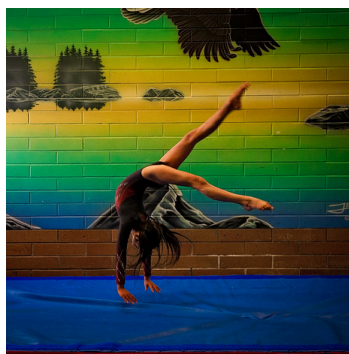
LEARN MORE

We are selling beautiful plants to help raise money for our programs. Plants are a great way to encourage our friends to get out into the garden while supporting a healthy fundraising event. Please check out the website for more information or to order.

We will also be having a Purdy's Fundraiser. Order a delicious assortment of chocolates to gift your friends and family (or yourself!). More details will follow once it is set up to order.



SICK POLICY: Just a reminder that if your child is sick, under the weather, coughing or has flu-like symptoms, please stay at home. IF THE STAFF GET SICK, CLASSES GET CANCELLED.



INVITATIONAL COMPETITION SCHEDULE



Please make sure to check the emails sent directly to invitational families, as those contain the most up-to-date details.

Save the Date!

ORCA Invitational – April 23–26, 2026

Duncan Dynamics Gymnastics Club is proud to host the ORCA Invitational, and everyone is welcome to come watch and cheer on the athletes.

Mark your calendars now — you won't want to miss it!

BIRTHDAY PARTIES

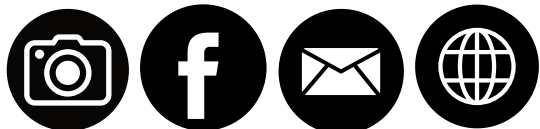


Birthday Parties: We are looking for November and a few December dates for parties. October is all booked up. Tell your family and friends about this!

COACHES WANTED

We're Hiring

Please send resumes and experience to Karl McPherson: headcoach@ddgc.ca.



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