

The Cartwheel CHRONICLES

July 2025



UPDATE

Hello FGC Families, we hope you are enjoying a fun and sunshine filled summer! Here at Fort Gymnastics Club we are thrilled to see many new faces in our summer camps and recreational programming.

Whether your child is just starting their gymnastics journey or continuing to build skills, we're proud of the progress, energy, and positivity everyone brings to the gym each week.

COMPETITIVE NEWS

Our Competitive and Pre-Competitive season has begun their summer training. We have many new faces and old faces. More information for fall training will be emailed in August.

Last month we had our Year End Celebration for Competitive athletes and families. It was a great event!

In June our Competitive Team went to Wainwright, AB to compete in the Flip Flip Competition. We are so proud of you all!



SUMMER CAMPS

Summer Camp registration is now
OPEN! We have plenty of space
available:

August 11-14 Mermaid/Pirate week
August 18-21 Garden week

Ages 3-6 years old and 6+
please see our website for more
information.

RECREATIONAL

We still have availability for our August Recreational
Programs.

4:00-5:00PM - Tot (ages 4-5)
5:00-6:00PM - Rec ½ (Ages 6+)
5:00-6:00PM - Tiny Tot (age 3)
6:00-7:30PM - Rec ¾ (Must have completed Level 2)

Fall Registration is quickly approaching. Please
update your uplifter accounts with current phone
numbers, address, and any health concerns.

FGC STAFF

FGC welcomes our new Executive Director Lisa Murphy!

She started and ran a successful club in Estevan,
Saskatchewan for 12 years and was the Recreation Director
majority of that time.

*"I am excited to be a part of Fort Gymnastics and I am hoping to
bring a dynamic blend of experience, vision and heart to this club! I
believe in the power of gymnastics to teach life skills and I am
excited to work alongside our coaches, families and community to
strengthen our programs, expand access for children in this
community and grow the sport."*

Another exciting change is that Megan Werry is our new
Recreational Director at FGC! She comes to us with years of
coaching experience as well as judging at a competitive level.
We are excited to see her take on this role!



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