

## Whistler Gymnastics - October

Dear Members,

Please see below for our October updates



### **Winter Re-Registration - November 1st**

Happy Thanksgiving to everyone. We are 6 weeks into our Fall session and are gearing up for registration for our Winter Session which will begin in January. Re-registration for your current class will be available from November 1st until November 9th. As of November 10th all programs will be open for general Registration.



### **Winter Camps**

We have a two-day winter camp running on the 29th and 30th of December from 9:00-2:30pm with the option for After Care until 4pm. Registration will be available via

<https://whistlerymnastics.uplifterinc.com/>



### **Appropriate Clothing**

Please make sure all Gymnasts are showing up with appropriate clothing for physical activity. Please no buttons, belts, jeans or zips!

### **Halloween**

There will be no classes running in the afternoon on Friday the 31st of October for Halloween.

### **Funding received from BC Gaming Grant**

Whistler Gymnastics received \$40,800 in Funding from the BC Gaming Program Grant. This significant contribution helps offset the costs of running the club and we are extremely grateful for the support of the BC Gaming Grants and BC Provincial Government.



## **Sponsor Spotlight - <https://realignmentlab.com/>**

This month's Sponsor Highlight is the Realignment Lab who were a sponsor for the Whistler Summer Classic. If you need classes while your participants are in Gymnastics. They offer small group fitness classes, 'bootcamp' style at the HUB in Cheakamus. Classes focus on correct body weight training with a strong emphasis on body alignment and technique. Weekly classes are divided into upper and lower body training, but always include core and stability training to create a good foundation.

### **Class Schedule:**

Mon/Wed/Fri 6am & 7:15am

Mon/Wed/Thurs 5:30pm

## **Birthday Parties at Whistler Gymnastics**

Got a birthday party coming up? Interested in having it at Whistler Gymnastics. Put in a booking request here:

<https://whistlerymnastics.com/contact/>

### **Available grants**

Whistler Gymnastics Programs are eligible for lots of individual grants and funding. For a full list please see here: <https://whistlerymnastics.com/available-grants/>



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## **Upcoming Important Dates:**

- **October 24th:** Pro D Day Camps
- **October 31st:** Halloween - NO classes in the afternoon
- **November 1st:** Winter camp registration and Winter session re-registration
- **November 10th:** Open Winter Registration
- **November 11th** - Remembrance Day - NO classes

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If you would like to connect with any members of our management team, please email us at:

Administration Questions: Liz Self [admin@whistlerymnastics.com](mailto:admin@whistlerymnastics.com)

Pemberton Questions: Club Program Manager – Catou Tyler [program@whistlerymnastics.com](mailto:program@whistlerymnastics.com)

Artistic Questions: Whistler Artistic Program Manager - Meaghan Smith

[gfaheadcoach@whistlerymnastics.com](mailto:gfaheadcoach@whistlerymnastics.com)

Trampoline Questions: COMP Trampoline Head Coach – Tanya Liqourish

[comp\\_trampoline@whistlerymnastics.com](mailto:comp_trampoline@whistlerymnastics.com)

Thank you to all our 2025 Sponsors

