



GYM-A-THON is HERE!



Flip, spin, and roll your way to FUN + FUNDRAISING!

Date: Friday September 12, 2025

Time: 4:00-7:00

Location: Yellowknife Gymnastics Club

All Recreational & Competitive athletes are invited to take part in our Gym-A-Thon fundraiser — complete as many rotational skills as you can and collect donations to support your gym!

What counts as a rotation?

Any skill that involves at least 180° rotation around the body's horizontal or vertical axis (as per CanGym standards), including:

Rolls

Cartwheels

Round-offs

Handstand to forward roll

Walkovers

Handsprings

Tucks

Twisting jumps (½ turn, full turn, etc.)

On bars (Circles, pullovers, fly aways)

Pommel circles

Vaults with rotation

Every flip, roll, and twist count toward your total!



After the challenge, stick around for:



BBQ Party: 6:00-7:00



Meet the Coaches: 7:00-8:00



Open Gym: 7:00-8:00



Prizes for:

* Most donations raised per age group (0-5, 6-9, 10+)

* Top donator

Sign up now & get your pledge form, all money and forms need to be brought in on Friday September 12.

Let's rotate for a great cause and make it a day to remember!