



CANADIAN GYMNASTICS WEEK

February 18-24, 2018

SHOW US YOUR MOVES!

Sunday,
February 18

SPRINGS

Spring into a week of gymnastics!

#GymWeekSprings

Monday,
February 19
(Family Day!)

STATIC POSITIONS

Show us your best 'Freeze' with your family!

#GymWeekPositions

Tuesday,
February 20

SWINGS

Show us your most creative swings!

#GymWeekSwings

Wednesday,
February 21

LANDINGS

Stick it!

#GymWeekLandings

Thursday,
February 22

LOCOMOTIONS

Come on gymnasts, do a locomotion!

#GymWeekLocomotions

Friday,
February 23

OBJECT MANIPULATIONS

Show us your best tricks – with hoops, balls and sticks!

#GymWeekObjects

Saturday,
February 24

ROTATIONS

Let's tumble into the weekend!

#GymWeekRotations

#CDNGymWeekContest

Win \$500 to the Gymnastics Canada online store!

#1 Take a photo or video showcasing the fundamental movement pattern of the day.

#2 Post it on social media using #CDNGymWeekContest and tag your province.

#3 VOTE by using the link on our Facebook page. The entry with the most votes wins!

Gymnastics for all... Gymnastics for life!