



CANADIAN GYMNASTICS WEEK

February 3-9, 2019



Sunday,
February 3

SPRINGS

From here, we spring into Canadian Gymnastics Week!

#GymWeekSprings

Monday,
February 4

OBJECT MANIPULATIONS

From here, we do our best tricks – with hoops, balls and clubs!

#GymWeekObjects

Tuesday,
February 5

LOCOMOTIONS

From here, we do some locomotions!

#GymWeekLocomotions

Wednesday,
February 6

STATIC POSITIONS

From here, we freeze into position!

#GymWeekPositions

Thursday,
February 7

LANDINGS

From here, we stick the landing!

#GymWeekLandings

Friday,
February 8

ROTATIONS

From here, we rotate!

#GymWeekRotations

Saturday,
February 9

SWINGS

From here, we do our most creative swings!

#GymWeekSwings

#CDNGymWeekWin

Win the Simone Biles Gold Star Package!

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

#2 Post it on social media using #CDNGymWeekWin

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

Gymnastics for all... Gymnastics for life!