



## Workplan #3



**UCLUELET, BC**

**MAY 9-11, 2025**

# GENERAL INFORMATION

**EVENT DATES** May 9-11, 2025

**THEME** Island Escape

**LOCATIONS** Ucluelet Secondary School, 1450 Peninsula Rd Ucluelet, BC V0R 3A0  
Ucluelet Community Center, 500 Matterson Drive Ucluelet, BC V0R 3A0

## WHAT IS GYMNAESTRADA?

Gymnaestrada provides the opportunity to celebrate movement and physical activity in a non-competitive, inclusive environment while capturing the true values of the 'Gymnastics for All' and 'Active for Life' philosophies of sport and recreation.

The goals of Gymnaestrada are to promote and encourage the growth of Gymnastics for All, inspire and encourage joy in exercise and to demonstrate the development of the participants.

More about Gymnaestrada: [Click Here](#)

Event Website: [Click Here](#)

Workplans, schedules, event information will consistently be updated on the event website.

## CONTACT INFORMATION

### GYMNASTICS BC

#268-828 West 8th Avenue  
Vancouver, BC V5Z 1E2

(B) 604-333-3496  
info@gymbc.org  
[www.gymbc.org](http://www.gymbc.org)

**Taphatna Duncan**  
Recreation Program Manager  
P: 604-333-3494  
E: [gfa@gymbc.org](mailto:gfa@gymbc.org)

**Aidan Muth**  
Communications & Events Manager  
P: 604-333-3490  
E: [events@gymbc.org](mailto:events@gymbc.org)

### PACIFIC RIM GYMNASTICS

Ucluelet Community  
Center, 500 Matterson  
Drive , Ucluelet British  
Columbia

**Lindsay Gralewicz**  
P: 778-986-2893  
E: [pacrimgym@gmail.com](mailto:pacrimgym@gmail.com)



# MEDIA INFORMATION



## Social Media Handles:

**Instagram:** @gymnasticsbc | @pacificrimgym

**Facebook:** Gymnastics BC | Pacific Rim  
Gymnastics

**X:** @GymnasticsBC

## Hashtags:

#WesternGymnaestrada2025

#PacRimHostsGymnaestrada

#IslandEscape

#GymBCXPacRim

# REGISTRATION INFORMATION



Registration will be taken on K-Score: Please [Click Here](#) to register for the 2025 Western Gymnaestrada event!



Participating athletes must be at least six (6) years of age by December 31, 2024.



The participant registration fee includes: workshops, performance shows, and a participant gift.

REGISTRATION TYPE	DEADLINE	PARTICIIPANT	COACH	CHAPERONE
Individual Registration	March 31, 2025	DEADLINE PASSED		
Late Registration	April 7, 2025	DEADLINE PASSED		
Extended Registration	April 21, 2025	\$210	\$35	\$20

*\*Extended and late registrations are not guaranteed, and will only be accepted pending availability. No registrations will be accepted after 11:59 p.m. on April 21, 2025*

## Participant to Coach/Chaperone Ratio Requirements:

The participant to coach/chaperone ratio for Gymnaestrada is 10:1, or lower for younger groups. Each group needs at least one fully certified coach, while chaperones can fulfill the rest of the ratio. Chaperones must be 18+, registered with Gymnastics BC, have a valid Criminal Record Check (with vulnerable sector check), and completed Respect in Sport training. For questions, contact [safety@gymbc.org](mailto:safety@gymbc.org).

## Declaration of Club Compliance and Media Consent: [Click Here](#) to access the form

To participate, each club must sign and submit a Declaration of Compliance form with registration fees. By signing, you confirm your participants have signed the GymBC Waiver or your PSO's equivalent and that your club has media release forms for all athletes, coaches, and members who may appear on camera, and you give GymBC and Pacific Rim Gymnastics permission to post media during and after the event.

**Informed Consent and Medical & Consent Forms Templates:** Templates for participant informed consent and medical forms are available for clubs to use on the event page. GymBC does not require each of these forms. However, clubs must be able to access medical information for all participants over the event weekend.



TYPE	DEADLINE	NOTES
Full Refund	March 31, 2025	DEADLINE PASSED
Medical Refund	May 8, 2025	Refunds issued upon receiving a valid medial note. \$10 admin fee deducted
Substitutions	May 8, 2025	Allowed at no cost. Notice must be given

**How to Request a Refund or Withdrawal:**

- Please complete the [Request for Refund or Substitution Form](#).
- A medical certificate must be provided for all athletes withdrawing from the event, after March 31, 2025.
- A medical certificate is not required for coaches withdrawing from the event.
- Following March 31, 2025, a \$15 administration fee will be withheld for participants withdrawing from the event.
- No fees will be held from coach withdrawals.
- No refunds will be issued after Thursday, May 8, 2025.
- Substitutions are allowed at no cost, but notice MUST be given, before May 8, 2025.

***Please note: Refund requests will ONLY be monitored via [the electronic form](#). Scanned paper copies from previous years will not be accepted.***



# EVENT INFORMATION



## ROUTINE CRITERIA

GymBC recommends that participating clubs have a maximum of three displays with at least six participants per group.

- The maximum length of each routine is as follows:
  - 5 min: 6-15 participants
  - 10 min: 16-25 participants
  - 15 min: 26+ participants



Please note the floor orientation: The velcro strips on the warm-up and performance floors will run horizontally to the audience.



AUDIENCE



## EQUIPMENT

A 40' x 40' floor will be provided, along with the equipment listed below. We encourage all groups to be as creative as possible.

### Available Equipment:

- Stings mats (2)
- Red crash mats (4)
- Mini-tramp (1)
- Beat board (2)
- Wedge mats (2)
- Spotting blocks (4)
- Trapezoid boxes (8)



## EVENT PHOTOGRAPHER

Photos will be taken over the weekend by various photographers. They will not be available for purchase but will be sent to participating clubs following the event



## TRUE SPORT NOMINATIONS

We ask each group to nominate one participant who exemplifies the true spirit of sportsmanship throughout the weekend. The nominees will receive a certificate and be celebrated at the start of each show on Sunday. Nominations can be emailed to [gfa@gymbc.org](mailto:gfa@gymbc.org) by Saturday, May 10th, before 11:00 p.m.

# TRUE SPORT



## LIVE STREAM

Live stream through subscription will be available for this event. More details will on HomeTeam's event page as it becomes available. Please scan the QR code for the event page.

Subscribe Here: [Click Here](#)

# HOME TEAM



# EVENT INFORMATION CONT'D

## Event Venue

Workshops will take place at Ucluelet Secondary, Ucluelet Community Centre and Big Beach  
Performance Shows will take place at: Ucluelet Secondary School



### PARKING

Parking available at Ucluelet Secondary School. Additional parking available on the road and across the street at the Ucluelet Community Center.



### COACH HOSPITALITY

A hospitality room will be provided for coaches and workshop presenters on Saturday with coffee, snacks, and lunch offerings. Snacks and coffee will be available on Sunday.



### MEDICAL SERVICES

A standard medical professional will be on site all weekend.

2025 Western Gymnaestrada						
Date	5/8/2025	5/9/2025	5/10/2025	5/11/2025		
Time	SET UP DAY	OPENING CEREMONY/ADJUDICATED SESSION	WORKSHOPS	PERFORMANCE DAY		
7:00 - 7:30 am	PARTICIPANT TRAVEL DAY	ADJUDICATED PERFORMANCES REHEARSAL (Community Centre)	SET UP		SET UP	
7:30 - 8:00 am			MANDATORY WORKSHOPS GROUP A - AM WORKSHOPS	OPTIONAL WORKSHOPS GROUP B		9 AM SHOW
8:00 - 8:30 am						
8:30 - 9:00 am						
9:00 - 9:30 am						
9:30 - 10:00 am						
10:00 - 10:30 am						
10:30 - 11:00 am						
11:00 - 11:30 am						
11:30 - 12:00 pm						
12:00 - 12:30 pm						
12:30 - 1:00 pm			GROUP A - ATHLETE PERFORMANCE		12:30 PM SHOW	
1:00 - 1:30 pm	TRANSITION					
1:30 - 2:00 pm	TRANSITION					
2:00 - 2:30 pm	TRANSITION					
2:30 - 3:00 pm	FAMILY/CLUB CHOICE	WELCOME BEACH PARTY	MANDATORY WORKSHOPS GROUP B - PM WORKSHOPS	OPTIONAL WORKSHOPS GROUP A	END OF 2025 WESTERN GYMNAESTRADA	
3:00 - 3:30 pm						
3:30 - 4:00 pm						
4:00 - 4:30 pm						
4:30 - 5:00 pm						
5:00 - 5:30 pm						
5:30 - 6:00 pm						
6:00 - 6:30 pm						
6:30 - 7:00 pm						
7:00 - 7:30 pm						
7:30 - 8:00 pm						
8:00 - 8:30 pm						
8:30 - 9:00 pm						
9:00 - 9:30 pm	END OF DAY					
9:30 - 10:00 pm	END OF DAY					

# PARTICIPANTS WORKSHOPS

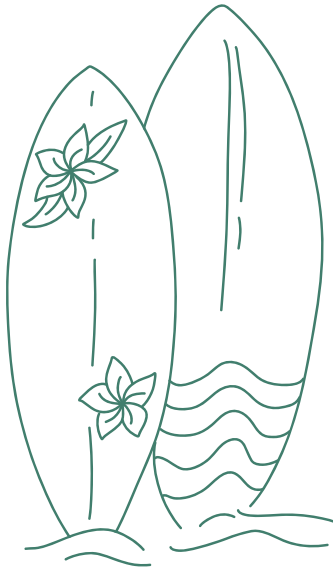
Workshops will be held at Ucluelet Secondary School, Ucluelet Community Centre and Big Beach. Drop off will be at the Secondary school

This year we will be hosting two half day workshops for participants! Workshops will take place on **Saturday, May 10. Morning Workshops** will run from **8:00-12:30 p.m.** **Afternoon Workshops** will run from **2:00-6:00 p.m.**

**The workshop schedule is available at the end of this document.**

## What to Bring

Participants should wear athleisure/moveable clothing and clean sneakers. Make sure to pack a water bottle and light snacks.



## Coaches Meeting

A brief coaches meeting will be held prior to **AM** and **PM** workshops on **Saturday, May 4.**

**AM** coaches meeting: **7:40 a.m.**

**PM** coaches meeting: **1:40 p.m.**

Doors open at 7:15a.m. for **AM workshops** and 1:15 p.m. for **PM workshops.**



# PERFORMANCE DAY

## Performance Show Scheduling:

Two Performance Shows will be performed on Sunday, May 11

### AM SHOW:

Athlete Arrivals/Warm-Ups: **7:10 a.m. - 8:00 a.m.** (See warm up schedule for details)

Doors Open: **8:30 a.m.**

March In: **9:00 a.m.**

### PM SHOW:

Athlete Arrivals/Warm-Ups: **10:50 a.m. - 11:40 p.m.** (See warm up schedule for details)

Doors Open: **12:00 p.m.**

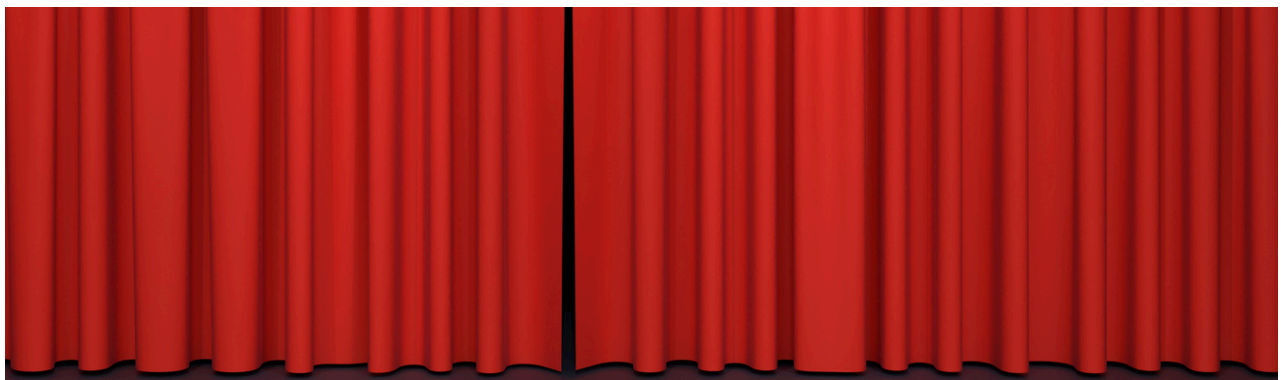
March In: **12:30 p.m.**

## Tickets & Admission:

Admission tickets are available on the event page and [through this link.](#) Please share with your community!

We encourage everyone to purchase tickets online before the event. Limited tickets may be available at the door - but it is dependent on seating availability following pre-sales!

	Single Show	Day Pass
Adult (18+)	\$15	\$20
Youth (6-18)/Senior (65+)	\$10	\$13
Child (5 and under)	Complimentary	Complimentary





# WEEKEND SCHEDULES AND MAP



## 2025 Western Gymnaestrada

### WORKSHOP GROUP BREAKDOWN

May 10th, 2025



### GROUP A - AM WORKSHOPS

GROUP	CLUB	# OF ATHLETES	GROUP TOTAL
1	Dreams Gymnastics Inc (BC)	9	29
	Club Aviva Gymnastics Group 1	8	
	Club Aviva Gymnastics Group 2	12	
2	White Rock Gymnastics Group 2	28	28
3	Delta Gymnastics Group 1 - Junior	4	23
	Delta Gymnastics Group 2- Legends/Seniors	19	
4	White Rock Gymnastics Group 1	18	25
	Twisters Gymnastics Club	7	
5	VIP Gymsports	24	24
6	Bowen Island Gymnastics	25	25
7	Chimo Gymnastics	8	25
	Pacific Rim Gymnastics Group 1	17	

### GROUP B - PM WORKSHOPS

GROUP	CLUB	# OF ATHLETES	GROUP TOTAL
1	Whistler Gymnastics-Pemberton	34	34
2	Team BC RG	20	30
	South Cariboo Rhythmic Gymnastics	10	
3	White Rock Gymnastics Group 3	15	15
4	Britannia Gymnastics Club	14	23
	Quesnel Technics Gymnastics Club	9	
5	Arbutus Gymnastics Club	11	21
	Dreams Gymnastics Academy (AB)	10	
6	Sēsawēwin ᑭᐱᐅᐅᐅ Gymnastics Collective	14	14
7	Gym Sense Gymnastics	11	23
	Pacific Rim Gymnastics Group 2	12	





# 2025 Western Gymnaestrada

Sunday, May 11th, 2025



## AM Warm-Up Schedule

Doors open for participants/coaches at 7:10 am (clubs can arrive at staggered times but must be ready for warmup times below)

## 9:00 AM Showtime

Club Name	# Of Participants	Routine Length	Team Arrival	Warm-up - Wrestling Room *10 mins per group	Warm-up - Fitness Room *10 mins per group	Performance Rehearsal - Main Gym	Performance Rehearsal -Main Entrance	Team Picture
WHISTLER GYMNASTICS-PEMBERTON	34	6:18	7:10AM	7:20AM		7:35		7:50
TEAM BC RG	28	7:43	7:10AM		7:20AM		7:35	7:50
WHITE ROCK GYMNASTICS GROUP 3	15	4:09	7:20AM	7:30AM		7:45AM		8:00
BRITANNIA GYMNASTICS CLUB	14	4:44	7:20AM		7:30AM		7:45AM	8:00
QUESNEL TECHNIQS GYMNASTICS CLUB	9	4:53	7:30AM	7:40		7:55		8:10
ARBUTUS GYMNASTUCS CLUB	11	4:00	7:30AM		7:40		7:55	8:10
DREAMS GYMNASTICS ACADEMY (AB)	10	4:57	7:40AM	7:50		8:05		8:20
SOUTH CARIBOO RHYTHMIC GYMNASTICS	10	4:59	7:40AM		7:50		8:05	8:20
GYM SENSE GYMNASTICS	11	3:40	7:50AM	8:00		8:15		8:30
SəSAWəWIN ʷəʷ-Δ-ə GYMNASTICS COLLECTIVE	14	7:15	7:50AM		8:00		8:15	8:30
PACIFIC RIM GYMNASTICS GROUP 2	12	3:15	8:00AM	8:10			8:25	8:35



# 2025 Western Gymnaestrada

Sunday, May 11th, 2025



## AM Warm-Up Schedule

Doors open for participants/coaches at 7:10 am

## 9:00 AM Showtime

Doors open for spectators at 8:30 a.m. | March-in at 9:00 a.m.

Club Name	# Of Participants	Routine length
WHISTLER GYMNASTICS-PEMBERTON	34	6:18
TEAM BC RG	28	7:43
WHITE ROCK GYMNASTICS GROUP 3	15	4:09
BRITANNIA GYMNASTICS CLUB	14	4:44
QUESNEL TECHNIQS GYMNASTICS CLUB	9	4:53
ARBUTUS GYMNASTUCS CLUB	11	4:00
DREAMS GYMNASTICS ACADEMY (AB)	10	4:57
SOUTH CARIBOO RHYTHMIC GYMNASTICS	10	4:49
GYM SENSE GYMNASTICS	11	3:40
GYMNASTICS SəSAWəWIN ʷəʷ-Δ-ə GYMNASTICS COLLECTIVE	14	7:15
PACIFIC RIM GYMNASTICS GROUP 2	12	3:15



# 2025 Western Gymnaestrada

Sunday, May 11th, 2025



## PM Warm-Up Schedule

Doors open for participants/coaches at 10:50 am (clubs can arrive at staggered times but must be ready for warmup times below)

### 12:30 PM Showtime

Club Name	# Of Participants	Routine Length	Team Arrival	Warm-up - Wrestling Room *10 mins per group	Warm-up - Fitness Room *10 mins per group	Performance Rehearsal - Main Gym	Performance Rehearsal - Main Entrance	Team Picture
CLUB AVIVA GYMNASTICS GROUP 1	8	5:23	10:50	11:00			11:15	11:30
DREAMS GYMNASTICS INC (BC)	9	4:41	11:00	11:10		11:25		11:40
WHITE ROCK GYMNASTICS GROUP 1	18	3:42	11:00		11:10		11:25	11:40
DELTA GYMNASTICS GROUP 1 - JUNIOR	4	1:54	11:10	11:20		11:35		11:50
VIP GYMSPORTS	24	7:15	11:10		11:20		11:35	11:50
WHITE ROCK GYMNASTICS GROUP 2	28	7:00	11:20	11:30		11:45		12:00
CLUB AVIVA GYMNASTICS GROUP 2	12	4:03	11:20		11:30		11:45	12:00
TWISTERS GYMNASTICS	7	3:23	11:30	11:40		11:55		12:10
BOWEN ISLAND GYMNASTICS	25	6:42	11:30		11:40		11:55	12:10
DELTA GYMNASTICS GROUP 2 - SENIORS/LEGENDS	19	10:34	11:40	11:50			12:05	12:20
CHIMO & PACIFIC RIM GYMNASTICS GROUP 1	25	5:24	11:40		11:50		12:15	12:20



# 2025 Western Gymnaestrada

Sunday, May 11th, 2025



## PM Performance Day Schedule

Doors open for participants/coaches at 10:50 am

### 12:30 AM Showtime

Doors open for spectators at 12:00 p.m. | March-in at 12:30 p.m.

Club Name	# Of Participants	Routine length
CLUB AVIVA GYMNASTICS GROUP 1	8	5:23
DREAMS GYMNASTICS INC (BC)	9	4:41
WHITE ROCK GYMNASTICS GROUP 1	18	3:42
DELTA GYMNASTICS GROUP 1 - JUNIOR	4	1:54
VIP GYMSPORTS	24	7:15
WHITE ROCK GYMNASTICS GROUP 2	28	7:00
CLUB AVIVA GYMNASTICS GROUP 2	12	4:03
TWISTERS GYMNASTICS	7	3:23
BOWEN ISLAND GYMNASTICS	25	6:42
DELTA GYMNASTICS GROUP 2 - SENIORS/LEGENDS	19	10:34
CHIMO & PACIFIC RIM GYMNASTICS GROUP 1	25	5:24