

# 2026 BC GYMNAESTRADA

## Workplan # 2



**RICHMOND, BC**  
**MAY 1-3, 2026**

# WHAT IS GYMNAESTRADA?

BC Gymnaestrada is a three-day celebration of movement, offering workshops, performances, and adjudicated opportunities for participants of all ages and abilities. The event showcases the creativity, collaboration, and joy of gymnastics in a non-competitive and inclusive environment, embodying the true values of Gymnastics for All and Active for Life.

The goals of Gymnaestrada are to promote participation, inspire a love of movement, and highlight the development and creativity of athletes and groups through performance.

[Click here](#) to learn more!

## EVENT INFORMATION

### EVENT DATES

May 1-3, 2026

### VENUE

Richmond Olympic Oval | *Richmond, BC*

### THEME

*“World in Motion”* emphasizes movement as a universal language that transcends cultures, disciplines, and generations. It highlights how the world is constantly evolving; artistically, technologically, and socially, and how gymnastics embodies that forward momentum.

### EVENT WEBSITE

[All event information consistently updated here.](#)

## CONTACT INFORMATION

### GYMNASTICS BC

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)

### DELTA GYMNASTICS

Jenn Watts  
*Executive Director*  
P: 604-943-0460  
E: [execdirector@deltagymnastics.com](mailto:execdirector@deltagymnastics.com)



# REGISTRATION INFORMATION

Who	Type	Deadline 11:59 p.m. PST	Participant	Coach & Chaperone
GymBC Member	Extended	Mar. 15, 2026	\$200	\$90
Non GymBC Member <i>*Excluding RG* Must submit proof of valid insurance to GymBC.</i>	Extended	Mar. 15, 2026	\$210	\$100

## REGISTRATION

Conducted through Kscore. [Click here to register.](#)

## AGE REQUIREMENTS

6 years old by **December 31, 2025.**

## COACHES GROUP CHAT

Coaches may include a mobile number in Kscore. A WhatsApp group chat will be created for on-site event communication, so including a number is recommended.

### Payment of Fees

All fees are due at the time of registration. Payments can be made by:

- **Cheque:** Payable to Gymnastics BC: 268-828 W 8th Avenue, Vancouver, BC V5Z 1E2
- **E-Transfer:** [accounting@gymbc.org](mailto:accounting@gymbc.org)

### Refunds & Substitutions

Refunds and substitution requests must be [submitted through this form.](#)

- **Athletes:** Accepted without penalty on or before **February 13, 2026.** After **February 13,** a medical note is required and a \$15 administration fee will be withheld. No refunds after **April 30, 2026.**
- **Coaches:** Accepted without penalty on or before **February 13, 2026.** After **February 13,** a \$15 administration fee will be withheld. No medical note required. No refunds after **April 30, 2026.**
- **Substitutions:** Accepted until **April 30, 2026.**

### Declaration of Compliance / Event Requirements Form

A [Declaration of Compliance Form](#) must be submitted by **April 1, 2026.** This form confirms that:

- **All registered participants** are current members of their PSO.
- **All registered participants** have signed the [GymBC Waiver.](#)
- **The participating club** has obtained a media release form for each participant naming Gymnastics BC and Delta Gymnastics Society.
- **Includes** music submission, team photo, additional equipment requests, and performance blurb.

# HOST HOTEL



7311 Westminster HWY, Richmond , BC V6X 1A3

**DATES** Apr. 30 - May 4, 2026

**BOOK** Call 604-278-5555, mention “Delta Gymnastics”  
by **April 2, 2026**

**OTHERS** [Additional hotels are available](#), courtesy of  
the Richmond Hotel Destination Association

Room Type	Price
Standard (1 queen, or 2 dbl)	\$259 + Tax
Courtyard (1 queen + sofa)	\$279 + Tax
Plaza (1 queen or 2 dbl)	\$279 + Tax
Suite (1 queen + sofa)	\$329 + Tax
2 Bdrm Suite (1 queen, sofa, dbl)	\$369 + Tax
<i>All rooms include parking and wifi!</i>	

## GENERAL EVENT INFORMATION

### WELCOME SOCIAL

A Welcome Social will take place on **May 1, 2026** at **6:00 p.m.** on the performance floor. Join us to mingle and connect, enjoy light snacks, have a dance party, and kick off the weekend together! This event also marks the official launch of GymBC’s GFA Month; celebrating 40 years of the GFAC Committee. Coaches will be able to pick up their coach packages, including club accreditation tags. Pre-ordered merchandise will also be available for pickup.

### TEAM PHOTOS

Team photos must be [submitted to GymBC via this form in .jpg format](#) by **April 1, 2026**.

### PHOTOGRAPHY

An event photographer will be on-site, all weekend.

### MEDICAL SERVICES

A medical professional will be on-site all weekend.

### EVENT MERCHANDISE

Event t-shirts are [available for pre-order](#) until March 9, 2026.

### EMAIL LIST

Parents, athletes, and coaches can subscribe to the [2026 BC Gymnaestrada Email List](#) to stay up to date with event information. Participating clubs will continue to receive all event information directly.

# WORKSHOPS - SATURDAY, MAY 2

## WORKSHOPS

We are excited to be offering the following workshops at the 2026 BC Gymnaestrada!



**Rehearsal Block**

**Acrobatics**

**Passport Craft**

**Cultural Drumming**

Each workshop will be 40 minutes long, with a 10-minute transition break in between. A detailed workshop map and more information will be available in Workplan #3 as well as in the coaches packages.

## WORKSHOP GROUPS

*Please note that this is still in draft form.*

*A detailed workshop schedule including finalized groupings and times will be available in Workplan #3.*

### Saturday Morning Workshop Groups:

Twisters Gymnastics  
Delta Juniors  
Delta Seniors & Legends  
Pacific Shore Gymnastics  
TAG Sports Centre + White Rock Gymnastics Athletics Society  
Whistler Gymnastics  
Gym Sense Gymnastics  
Lion's Pride Gymnastics  
Illusions Rhythmic Gymnastics  
South Cariboo Rhythmic Gymnastics

### Saturday Afternoon Workshop Groups:

Britannia Gymnastics  
Whistler-Pemberton Gymnastics  
Whistler-Pemberton Worlds  
Bowen Island Gymnastics Club  
Club Aviva Juniors  
Club Aviva Seniors  
White Rock Gymnastics Athletics Society  
Arbutus Gymnastics Club  
Duncan Dynamics Gymnastics Club

# PERFORMANCES

## DATES

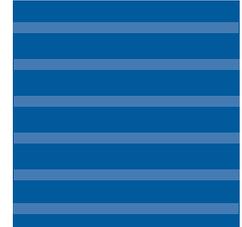
Adjudicated (May 1) Athlete (May 2), Spectator (May 3)

## 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

## ROUTINE LENGTH

Please email [execdirector@deltagymnastics.com](mailto:execdirector@deltagymnastics.com) and [events@gymbc.org](mailto:events@gymbc.org) with your routine length so we can appropriately plan the duration of the performance shows.

## FLASH MOB

A Flash Mob will be performed during the spectator performance shows. Instructional materials (including video links and music) are [available here](#). Clubs will also be taught the Flash Mob during the Welcome Social and workshop warm-ups.

## MUSIC

Music must be [submitted to GymBC via this form in .mp3 format](#) by **April 1, 2026**.

Please ensure music choices align with the event theme and are appropriate and respectful.

## 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:

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

Specific Equipment can be [requested via this form by](#) **April 1, 2026**.

## ADDITIONAL REHEARSAL TIME

If you would like additional time to rehearse your routine on the performance floor, a dedicated open floor time will be available on **May 1, 2026** from **1:15-3:15 p.m.** There are four 30-minute time slots available. Please email [execdirector@deltagymnastics.com](mailto:execdirector@deltagymnastics.com) and [events@gymbc.org](mailto:events@gymbc.org) if you are interested, and we will confirm your assigned time.

# ADJUDICATED PERFORMANCES - FRIDAY, MAY 1

Group	Warm-Up	Performance	Feedback
Delta Srs. & Legends	10:00-10:30	10:35-10:55	10:55-11:05
Britannia	10:55-11:15	11:20-11:30	11:35-11:50
Twisters	10:35-11:55	12:00-12:10	12:15-12:30
Club Aviva Seniors	12:15-12:35	12:50-1:05	1:10-1:25
South Cariboo	3:30-3:50	3:55-4:05	4:10-4:20
Whistler - Worlds Team	4:10-4:40	4:45-5:00	5:05-5:20

## MEET THE ADJUDICATORS



**Julie Levasseur** is a coach, coach educator, judge (Special Olympics and generic RG), and co-founder of the Sēsawēwin (say-sah-wee-win) ᓴᓴᓄᓄ Gymnastics Collective. She has participated in 6 World Gymnaestradas, including 3 assignments to the Pan American Gymnastics Union national evening and in 2019, she led Team Canada's performance in the FIG Gala. Julie's passion for community, service, and life-long (un)learning continues to drive her work and she's particularly interested in exploring how gymnastics can help us develop the (cultural) fitness and skills needed for social justice and decolonization.



**Darby Walker** was a competitive artistic gymnastics coach, circus coach, and choreographer turned lover of the Gymnaestrada World. As she transitioned into full time work as a Registered Clinical Counsellor and Mental Performance Consultant for Sport Psychology, she has maintained her connection to Gymnaestrada through coaching, choreographing, and consulting with local gymnaestrada programs on Vancouver Island. Darby choreographed for and qualified teams to the 2019 & 2023 World Gymnaestradas. Following the 2019 World Gymnaestrada, Darby continued on to coach and compete in University Trampoline as a part of Team Scotland. Darby loves the team aspect of gymnaestrada, and the opportunities it creates to combine dance, partner acrobatics and storytelling. Darby's biggest highlights from her first trip to World's were experiencing the embodiment of "gymnastics for life", and seeing the world united through culture and movement.



**Nicola Doherty** has participated in multiple Gymnaestrada events since 2016, as well as choreographed her own routine and coached her team at last year's BC Gymnaestrada. Dance is her truest passion, and gymnastics has been her life for over ten years. Her home club is White Rock Gymnastics, and with them she attended World Gymnaestrada in 2023, in Amsterdam! Now, they are shooting for Portugal 2027! Nicola is a coach, choreographer, dance teacher, and has a special eye for artistic expression. Nicola believes Gymnaestrada is a celebration of artistry and athletics, where performers are offered a space to showcase their talents in an environment designed for every type of athlete to thrive. What Nicola loves most is that Gymnaestrada creates bonds between team members and has a genuine team dynamic where everyone has their chance to contribute.

# SPECTATOR PERFORMANCES

## PERFORMANCES

Athlete **Saturday, May 2, 2026** - Following workshops  
Spectator **Sunday, May 3, 2026** - Morning and afternoon

## ADMISSIONS

Tickets will be available for pre-sale and on-site. Ticket information to come in Workplan #3.

## LIVE STREAM

Sunday performance shows will be live-streamed! Subscriptions will be available for purchase closer to the event on the [HomeTeam Network website](#).

## PERFORMANCE GROUPS

*Please note that this is still in draft form.*

*A detailed performance schedule including finalized groupings and warmup times will be available in Workplan #3.*

### Sunday Morning Performance Groups:

Pacific Shore Gymnastics  
Delta Juniors  
Team BC RG  
Illusions Rhythmic Gymnastics  
South Cariboo Gymnastics  
Twisters Gymnastics  
TAG Sports Centre + White Rock Gymnastics Athletics Society  
Bowen Island Gymnastics Club  
Gym Sense Gymnastics  
Lion's Pride Gymnastics

### Sunday Afternoon Performance Groups:

Whistler-Pemberton Worlds  
Delta Seniors & Legends  
Britannia Gymnastics  
Club Aviva Juniors  
Club Aviva Seniors  
White Rock Gymnastics Athletics Society  
Arbutus Gymnastics  
Duncan Dynamics Gymnastics  
Whistler-Pemberton  
Whistler Gymnastics



# EVENT SCHEDULE

Time	Friday, May 1	Saturday, May 2	Sunday, May 3
8:00 - 9:00			
9:00 - 10:00			
10:00 - 11:00		<b>Group A Workshops &amp; Athlete Performances</b>	<b>Group A Performance Show</b>
11:00 - 12:00	<b>Adjudicated Performances</b>		
12:00 - 1:00			
1:00 - 2:00	<b>Open Floor - 1:15-3:15 4-30 minute slots available for pre-booking</b>		
2:00 - 3:00		<b>Group B Workshops &amp; Athlete Performances</b>	<b>Group B Performance Show</b>
3:00 - 4:00			
4:00 - 5:00	<b>Adjudicated Performances</b>		
5:00 - 6:00			
6:00 - 7:00	<b>Welcome Social Performance Floor Richmond Olympic Oval</b>		
7:00 - 8:00			

## THE 2026 BC GYMNAESTRADA IS DECLARED AS A TRUE SPORT EVENT!

# TRUE SPORT

### ABOUT

True Sport promotes values-based sport through seven principles: Go For It, Play Fair, Respect Others, Keep It Fun, Stay Healthy, Include Everyone, and Give Back. When these principles guide participation, they build character, strengthen communities, and create positive, safe, and inclusive sport environments.

An initiative of the Canadian Centre for Ethics in Sport (CCES), True Sport supports the belief that good sport can make a great difference.

### PRINCIPLES

The True Sport Principles are Go For It, Play Fair, Respect Others, Keep It Fun, Stay Healthy, Include Everyone, and Give Back.

### VALUES

The True Sport values are fairness, excellence, inclusion, and fun.

### WEBSITE

[Click here](#) to view the True Sport website

### CERTIFICATES

One participant from each club will receive a True Sport Certificate, nominated by their coaches and Gymnaestrada staff, recognizing those who embody the True Sport principles.

# IMPORTANT DATES AND DEADLINES

Item	Deadline
Request for Adjudication	<del>Feb. 13, 2026</del>
Individual Registration	
Extended Registration	<del>Feb. 28, 2026</del>
Late Registration	Mar. 15, 2026
Equipment Requests	
Music Submission	
Team Photos	Apr. 1, 2026
Declaration of Compliance	
Host Hotel Accommodations	Apr. 2, 2026
Refund Requests	Apr. 30, 2026

*See you at the Oval!*