

2026 BC GYMNAESTRADA

Workplan #3



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

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Communications & Events Manager
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DELTA GYMNASTICS

Jenn Watts
Executive Director
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EVENT INFORMATION

REGISTRATION

Registration is now closed.

PAYMENT

Payments can be made to **Gymnastics BC** by:

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

REFUNDS & SUBSTITUTIONS

Requests must be [submitted through this form](#).

- **Athletes:** A medical note is required and a \$15 administration fee will be withheld.
 - No refunds after **April 30, 2026**.
- **Coaches:** 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

The deadline to submit your [Declaration of Compliance Form](#) has now passed. If you have not submitted the form, please do so as soon as possible! This form confirms that:

- **All registered participants** are current registered members.
- **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.

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, and celebrate the kick-off of GFA Months! Coaches will be able to pick up their coach packages, including club accreditation tags. Pre-ordered merchandise will also be available for pickup.

PHOTOGRAPHY

An event photographer will be on-site, all weekend. Photos will be available to all clubs free of charge. Be sure to stop by the photo booth to take a team photo!

MEDICAL SERVICES

A medical professional will be on-site all weekend.

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.



MORNING WORKSHOPS SATURDAY, MAY 2

Time	Activity			
7:45	Doors Open			
8:00-8:10	Coaches Meeting + Warm-Up			
	Rehearsal <i>See specific rehearsal schedule on page 5!</i>	Acro	Craft	Cultural Drums
8:20 - 9:00	TAG/WRG (55)	Illusions (23) South Cariboo (16) Gym Sense (16)	Twisters (10) Pacific Shore (13) Whistler (21)	Delta Srs./Legends/Jrs. (44) Lions Pride (10)
9:10 - 9:50	Illusions (23) South Cariboo (16) Gym Sense (16)	TAG/WRG (55)	Delta Srs./Legends/Jrs. (44) Lions Pride (10)	Twisters (10) Pacific Shore (13) Whistler (21)
10:00 - 10:40	Twisters (10) Pacific Shore (13) Whistler (21)	Delta Srs. & Legends/Jrs. (44) Lions Pride (10)	TAG/WRG (55)	Illusions (23) South Cariboo (16) Gym Sense (16)
10:50 - 11:30	Delta Srs./Legends/Jrs. (44) Lions Pride (10)	Twisters (10) Pacific Shore (13) Whistler (21)	Illusions (23) South Cariboo (16) Gym Sense (16)	TAG/WRG (55)
11:45 - 1:45	Athlete Performances			



AFTERNOON WORKSHOPS SATURDAY, MAY 2

Time	Activity			
1:50 PM	Doors Open			
2:00 PM	Coaches Meeting + Warm-Up			
	Rehearsal <i>See specific rehearsal schedule on page 5!</i>	Acro	Craft	Cultural Drums
2:20 - 3:00 PM	White Rock (62)	Club Aviva Jr. (16) Club Aviva Sr. (10) Britannia (14)	Whistler-Pemberton (21) Whistler-Pemberton Worlds (24)	Arbutus (9) Duncan Dynamics (7) Bowen Island (32)
3:10 - 3:50 PM	Club Aviva Jr. (16) Club Aviva Sr. (10) Britannia (14)	White Rock (62)	Arbutus (9) Duncan Dynamics (7) Bowen Island (32)	Whistler-Pemberton (21) Whistler-Pemberton Worlds (24)
4:00 - 4:40 PM	Whistler-Pemberton (21) Whistler-Pemberton Worlds (24)	Arbutus (9) Duncan Dynamics (7) Bowen Island (32)	White Rock (62)	Club Aviva Jr. (16) Club Aviva Sr. (10) Britannia (14)
4:50 - 5:30 PM	Arbutus (9) Duncan Dynamics (7) Bowen Island (32)	Whistler-Pemberton (21) Whistler-Pemberton Worlds (24)	Club Aviva Jr. (16) Club Aviva Sr. (10) Britannia (14)	White Rock (62)
5:45 - 7:45 PM	Athlete Performances			



REHEARSAL SCHEDULE

To maximize rehearsal time and ensure that every group has adequate time, we have created a specific rehearsal schedule below. This schedule takes into account the number of participants in each group and **may require you to leave a workshop early or arrive at the next workshop later than outlined on pages 3 and 4.** Please review carefully. Further details will be explained at the coaches meeting.

Time	Group 1	Group 2	Group 3
8:20 - 8:50 AM (Shortened)	TAG x WRG 8:20 - 8:50 AM		
8:50 - 9:50 (Longer)	Illusions 8:50 - 9:05 AM	South Cariboo 9:05 - 9:20 AM	Gym Sense 9:30 - 9:50 AM
10:00 - 10:40 AM	Whistler 10:00 - 10:15 AM	Twisters 10:15 - 10:27 AM	Pacific Shore 10:27 - 10:40 AM
10:50 - 11:45 AM (Longer)	Lions Pride 10:50 - 11:05 AM	Delta Seniors & Legends 11:05 - 11:35 AM	Delta Juniors 11:35 - 11:45 AM
2:20 - 2:50 PM (Shortened)	White Rock 2:20 - 2:50 PM		
2:50 - 3:50 (Longer)	Club Aviva Sr. 2:50 - 3:10 PM	Club Aviva Jr. 3:10 - 3:28 PM	Britannia 3:28 - 3:45
4:00 - 4:40	Whistler-Pemberton 4:00 - 4:20 PM	Whister Worlds 4:20 PM - 4:40 PM	
4:50 - 5:40 (Longer)	Arbutus 4:50 - 5:05	Duncan Dynamics 5:05 - 5:20	Bowen Island 5:20 - 5:40

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

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.

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

EQUIPMENT

Available Equipment:

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

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 two 30-minute time slots available. See schedule below.

1:15 - 1:45 p.m. | Available

1:45 - 2:15 p.m. | Club Aviva - Sr. Team

2:15 - 2:45 p.m. | Available

2:45 - 3:15 p.m. | South Cariboo

Please email execdirector@deltagymnastics.com and 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	10:35-10:50	10:55-11:05
Britannia	10:55-11:15	11:20-11:30	11:35-11:50
Twisters	11:35-11:55	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 SHOWCASE #1 | MAY 3 | 9 AM

ADMISSIONS TICKET LINK

Tickets are [available for pre-sale](#). Purchase early as seating is limited, with only a small number of tickets available on site.

LIVE STREAM & VIDEO

Sunday performance shows will be live-streamed! Subscriptions will be available for purchase on [HomeTeam Network](#). Participating groups will receive a copy of their performance!

Showcase #1 Arrival & Rehearsal Schedule		
Team	Arrival	Warmup DI Floor
Team BC RG	7:45 AM	8:00 - 8:30 AM
South Cariboo #1	7:45 AM	8:00 - 8:30 AM
South Cariboo #2	7:45 AM	8:00 - 8:30 AM
Lions Pride	8:15 AM	8:30 - 8:45 AM
Delta Juniors	8:30 AM	8:45 - 8:55 AM
Pacific Shore	8:30 AM	9:40 - 9:55 AM
Illusions Novice	8:30 AM	10:10 - 10:25

Showcase #1 9:00 AM Doors open at 8:30 AM	
9:00 AM	March-In / Opening Remarks
2	Team BC RG
3	Lions Pride
4	Delta Juniors
5	South Cariboo #1
6	Pacific Shore
7	Illusions Novice
8	South Cariboo #2

SHOWCASE #2 | MAY 3 | 12 PM

ADMISSIONS TICKET LINK

Tickets are [available for pre-sale](#). Purchase early as seating is limited, with only a small number of tickets available on site.

LIVE STREAM & VIDEO

Sunday performance shows will be live-streamed! Subscriptions will be available for purchase on [HomeTeam Network](#). Participating groups will receive a copy of their performance!

Showcase #2 Arrival & Rehearsal Schedule

Team	Arrival	Warmup DI Floor
Illusions Provincial	10:30 AM	10:45 - 11:00 AM
Whistler Gymnastics	10:45 AM	11:00 - 11:15 AM
Twisters	11:00 AM	11:15 - 11:30 AM
Whistler-Pemberton	11:15 AM	11:30 - 11:45 AM
Duncan Dynamics	11:30 AM	12:25 - 12:40 PM
Whistler-Pemberton Worlds	11:30 AM	12:40 - 12:55 PM
TAG x WRG	11:30 AM	12:55 - 1:10 PM

Showcase #2 | 12:00 PM Doors open at 11:30 AM

12:00 PM	March-In / Opening Remarks
1	Illusions Provincial
2	Whistler Gymnastics
3	Twisters
4	Whistler-Pemberton
5	Duncan Dynamics
6	Whistler-Pemberton Worlds
7	TAG x WRG

SHOWCASE #3 | MAY 3 | 3 PM

ADMISSIONS TICKET LINK

Tickets are [available for pre-sale](#). Purchase early as seating is limited, with only a small number of tickets available on site.

LIVE STREAM & VIDEO

Sunday performance shows will be live-streamed! Subscriptions will be available for purchase on [HomeTeam Network](#). Participating groups will receive a copy of their performance!

Showcase #3 Arrival & Rehearsal Schedule

Team	Arrival	Warmup DI Floor
Britannia	1:30 PM	1:45 - 2:00 PM
Club Aviva Jr.	1:45 PM	2:00 - 2:15 PM
White Rock	2:00 PM	2:15 - 2:30 PM
Arbutus	2:15 PM	2:30 - 2:45 PM
Club Aviva Sr.	2:30 PM	3:25 - 3:40 PM
Gym Sense	2:30 PM	3:40 - 3:55 PM
Bowen Island	2:30 PM	3:55 - 4:10 PM
Delta Seniors & Legends	2:30 PM	3:55 - 4:10 PM

Showcase #3 | 3:00 PM Doors open at 2:30 PM

3:00 PM	March-In / Opening Remarks
1	Britannia
2	Club Aviva Jr.
3	White Rock
4	Arbutus
5	Club Aviva Sr.
6	Gym Sense
7	Bowen Island
8	Delta Seniors & Legends

EVENT SCHEDULE

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

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



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	Feb. 13, 2026
Individual Registration	
Extended Registration	Feb. 28, 2026
Late Registration	Mar. 15, 2026
Equipment Requests	Apr. 1, 2026
Music Submission	<i>If you have not submitted music, photos or equipment requests, please do so ASAP!</i>
Team Photos	
Declaration of Compliance	
Host Hotel Accommodations	Apr. 2, 2026
Refund Requests	Apr. 30, 2026

See you at the Oval!