



GFA REC 'N' ROLL!

June 2021



WHAT IS GFA?

Recognized as an official sport discipline by the International Gymnastics Federation (FIG), "the Gymnastics for All (GFA) movement strives to bring nations together through a world of movement and physical activity, contributing to global health, fitness, and friendship."

At the club level, GFA is commonly known as recreational gymnastics and consists of programs and opportunities where anyone, regardless of age, shape, gender, ability, or background, can participate and discover the joy of lifelong movement that is gymnastics.

ONTARIO GYMNAESTRADA

This year, Ontario Gymnaestrada 2021 went VIRTUAL to provide clubs with an opportunity to continue engaging their membership while at home. **Thank you to all clubs who participated in this year's Virtual Ontario Gymnaestrada!**



[Check out 2021 videos/playlist on our Gymnastics Ontario YouTube Channel !!](#)

From workshops to performances, **Ontario Gymnaestrada** is a teambuilding and showcase event for groups of all ages and abilities.

We are continuing to grow participation in Gymnastics for All events across Ontario and hope that you will join us next season in furthering this movement!

SUMMER IS ALMOST HERE!

Prepare for Day Camps with [our collection of Camp Resources](#), including Themes, Games, Crafts, and more!



(Photo courtesy of GymCan/John Major)

Expires June 30, 2021: Use our coupon code "[gocamp21](#)" and get 50% off the entire [Rec Gym Pros store!](#)

You might be interested in the Physically Distanced Games Compilation or other helpful resources.

GYMCAN UPDATES



- **NEW Resource Documents:**
 - 1 [Gymnastics for All Event Handbook](#)
 - 2 [Gymnastics for All - Getting Started Guide: Performance Teams and Demonstration Groups](#)
- [CanGym Revitalization Project update](#)
- **Save the date for the next Canadian Gymnastics Week: October 3-9, 2021 !!**
[#cdngymweek2021](#)



GYMNASTICS FOR ALL PROGRAM
GFA@GYMNASTICSONTARIO.CA | (647) 344-5149
2950 KEELE STREET, TORONTO, ON, M3M 2H2

