



# GFA REC 'N' ROLL!

August 2021



## BENEFITS OF GYMNASTICS

The **Benefits of Gymnastics Social Media Campaign** will run **August 9-15, 2021**, on [Facebook](#) and [Instagram](#) (@gymnasticsontario)

Each of the 7 days will feature one benefit of participating in gymnastics! Share the posts with your club community to inspire and excite your members about returning to the gym!

## SUMMER 2021 TORCH RELAY



**Gymnastics Ontario Member Clubs are invited to participate in the Ontario Clubs Summer 2021 Torch Relay!**

**Club submission deadline is Monday, August 9, 2021, 11:59PM**

All club submissions will be combined to create the final Ontario Clubs Summer 2021 Torch Relay video - **posted on the [Gymnastics Ontario YouTube Channel](#) on Thursday, August 12th.**

*(click here for full participation details and Instructions - email sent to member clubs)*

## ACTIVE FOR LIFE

[ActiveForLife.com](#) is a Canadian not-for-profit initiative **focusing on physical literacy and child development.**

Check them out for Articles, Activities, and Resources!

Don't forget to sign up for their newsletter!

## NCCP UPDATE

**Foundations in-gym courses are back!** Visit the [NCCP Foundations course registration website](#) to see available courses.

[Foundations Theory courses](#) have moved to [online delivery](#), at a discounted rate.

[Foundations Pathway document](#)

## GYMCAN UPDATES



Gymnastics Canada has recently held several live webinars related to Gymnastics for All programming. **The recordings of the webinars are available for viewing:**

- **GFA Events**
  - [Webinar recordings & Resources](#)
- **CanGym Revitalization Updates**
  - [Active Start webinar recording](#)
  - [Update videos](#)

## MORE ABOUT GFA

Watch the video "[All about Gymnastics for All](#)" from the International Gymnastics Federation (FIG).

**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.**

