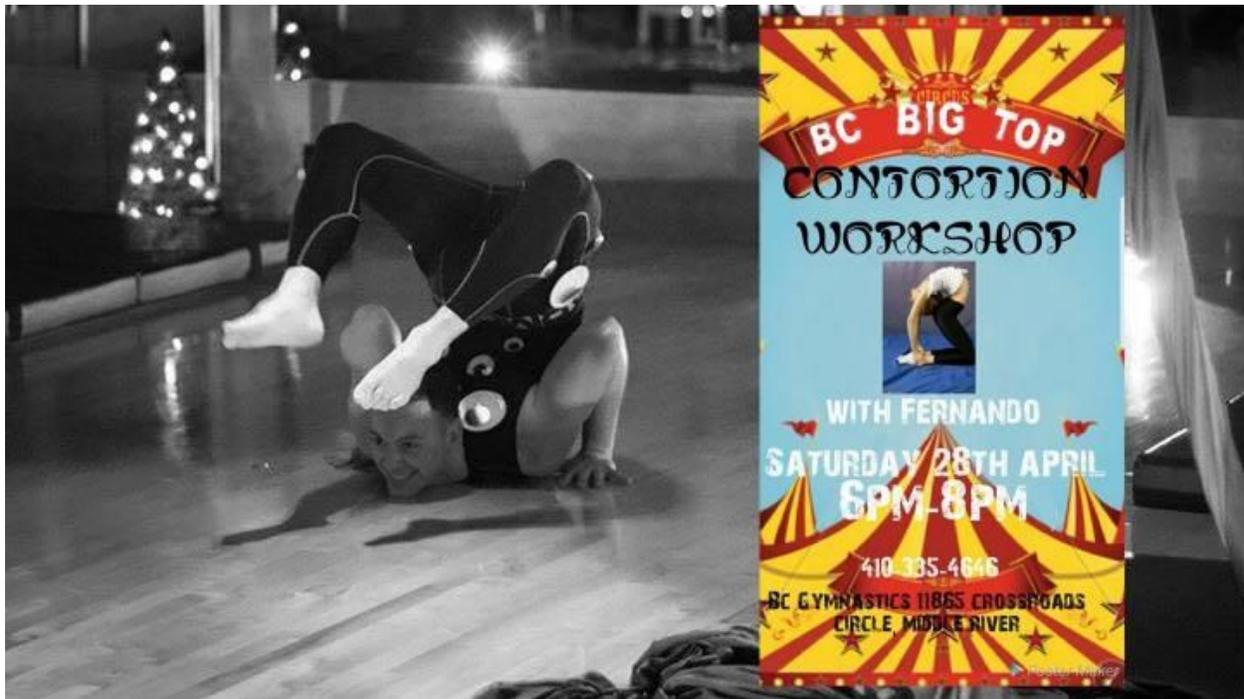


Hello Gym Friends!

We wanted to let you know about an upcoming event, that we hope will turn into a fun series of entertaining workshops and events for your gymnasts.

The series is BC Big Top, and will feature circus style events that your gymnast can receive instruction in. We are kicking things off in 2 weeks, with a Contortion Workshop. This is for all abilities and ages 5 - adult. You don't have to be super bendy to come and have fun - parents and children are encouraged to come and have fun together (although if you prefer the chance to have a nice grown up 2 hour dinner in that time frame, we

have been there 😊) If you are flexible, you will love the fun tricks you can learn. If you struggle with flexibility, this is the place to come to learn tips and tricks to get better at it.



Our contortion Workshop will be lead by Fernando, who learned contortion in the Brooklyn Zoo Gym, and it became a passion. He has been bending for a few years now, and started as an adult (yes, you can get significantly flexible, even if you are not a child!). His classes are fun and entertaining, and you will love the photos you can take at the end.

The class is **Saturday 28, April from 6pm - 8pm (at the gym)**. There will be a photo area set up, so your gymnast can pose in one of their new bendy poses for fun pictures after. If you register BEFORE the 28th (just call the office) the class is **\$35** (there is a sibling discount). So call now to save your spots!

If you have any questions, want more details, or want to reserve your spot - just call the office 410 335 4646

Hope to see you there!

BC Gymnastics