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News From The Gym

A huge thank-you to everyone that took the time to come visit us at the Newsy Neighbors Festival. Your continued support is truly appreciated! We didn't meet our fundraising goal and would like to remind everyone that silhouettes can still be purchased at the gym. For a small \$2 donation, you can show some love for SGC and decorate our walls.

The Strathmore Gymnastics Centre is a not for profit organization. We're always looking for new and great ways to partner up with local businesses and connect with fabulous fundraising opportunities. Donations from generous folks are also gratefully appreciated. If you have an idea or want to contribute in any of the noted ways to our gym, please email us at, strathmoregymnastics@gmail.com Thank you!

SAVE YOUR BOTTLES!! Strathmore Gymnastics Centre will be hosting a summer long bottle drive! As you enjoy BBQ's, camping, or just hanging out with friends and family, please consider saving your bottles and donating them to your local not for profit Strathmore Gymnastics Centre. We even pick up!

Online registration for our fall session will open on Saturday July 27th. Waivers and AGF forms must be renewed for the upcoming 2019/2020 season.

Join our experienced Freestyle Gymnastics instructors in a class designed to challenge strength, coordination, and control using a variety of obstacle courses and set-ups in a safe, padded environment. If this sounds more your speed, then try out our Ultimate Ninja class.

We have added some new members to our precompetitive and competitive teams. There are still a few more spots available. Contact Head Coach Tara Smith to book a tryout. strathmoregymnastics@gmail.com

In June, SGC hosted its first paint night featuring the Family of Birds painting. This month artist Shannon Brecht will be joining us to help create the Jar of Fireflies painting. All supplies are included and no painting experience is required. Come get your creative juices flowing at the gym. Stay tuned for information regarding August's paint night for kids!

DID YOU KNOW...

Have you always wanted to have some fun in the gym with just your friends? Well now you can. [WE DO PARTIES!](#)

We are constantly looking for volunteers.

Support us with a fundraising box! Strathmore Gymnastics Centre has partnered up with Spud.ca to bring you fresh produce delivered right to your door. Head on over to our friends at Spud.ca and take a peek at the [Fundraising Box](#).

Go Shopping and support SGC at the same time. We are excited to introduce a new, ongoing fundraising program Shopfunds. You can now Purchase Gift Cards to a variety of retailers and businesses through SGC. You receive face value for your shopping or gifting needs and SGC receives 5-10%. Some of the cards are reloadable, when you choose to reload those cards in-store or online SGC receives another percentage in return. This feature as well as the ongoing ordering process make this a long term fundraiser that can support the Centre through your ongoing shopping and gifting choices. See a list of participating businesses right [Here](#).

Strathmore Gymnastics Centre
Paint with Friends Night
 Thursday July 18, 2019 6:30-8:30pm

Follow along with artist Shannon Brecht to paint this picture on canvas while enjoying a refreshing non-alcoholic beverage and snacks on us.

Call (403) 934-3450 to register



- \$40 per person
 ~ All supplies included
 No painting experience required!

Do you want to see your own Ad right here? Contact [SGC](#) for advertising opportunities.

