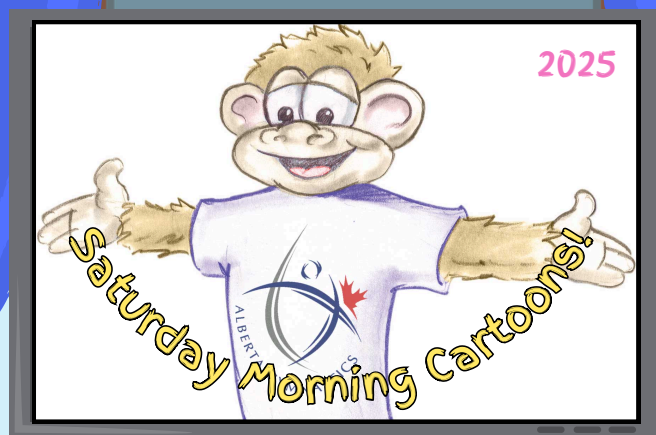
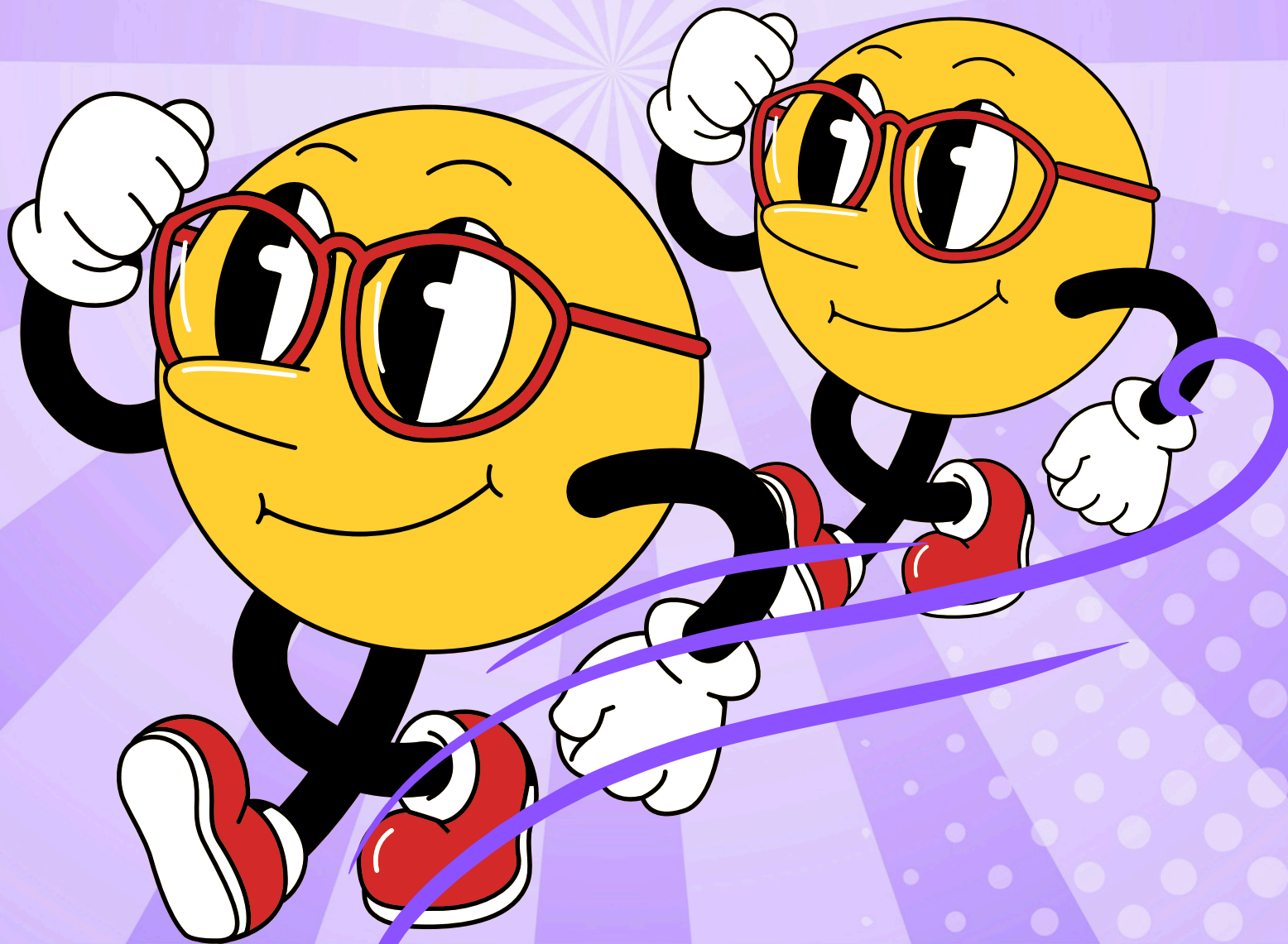


GYMFEEST



Saville Centre
Edmonton, Alberta
May 2-4, 2025
www.abgym.ab.ca

*Bringing
what you see*



on
screen



to life!

Welcome everyone to GymFest 2025!

On behalf of the Board of Directors for Alberta Gymnastics Federation, we want to welcome all participants to this celebration of excellence in our community.

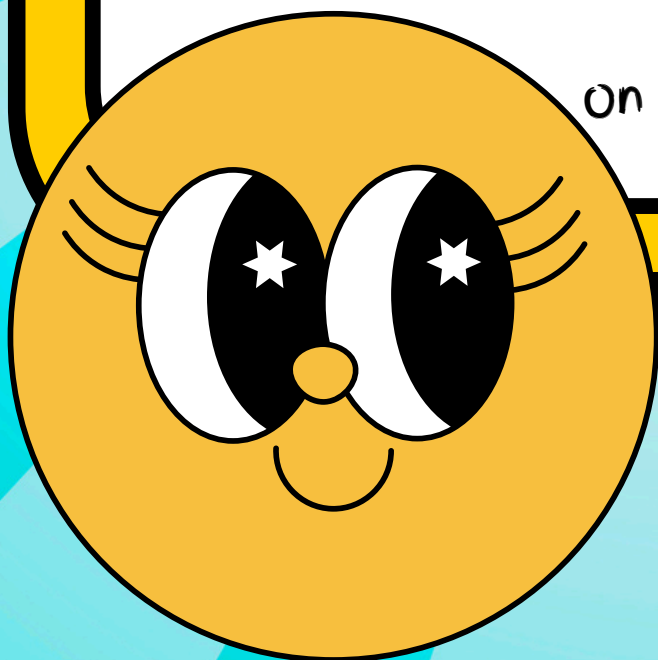
The foundation of our organization is our GFA. You are the magic and much like what SpongeBob would say:

"If you believe in yourself, with a tiny pinch of magic, all your dreams can come true!"

We believe in each of you and look forward to celebrating gymnastics with you this weekend.

'That's all Folks'.

Dawn Vande Vyvere
On behalf of Board of Directors



Dear Athletes, Friends and Families,

The SDC is so excited to welcome you to this year's Gymfest!

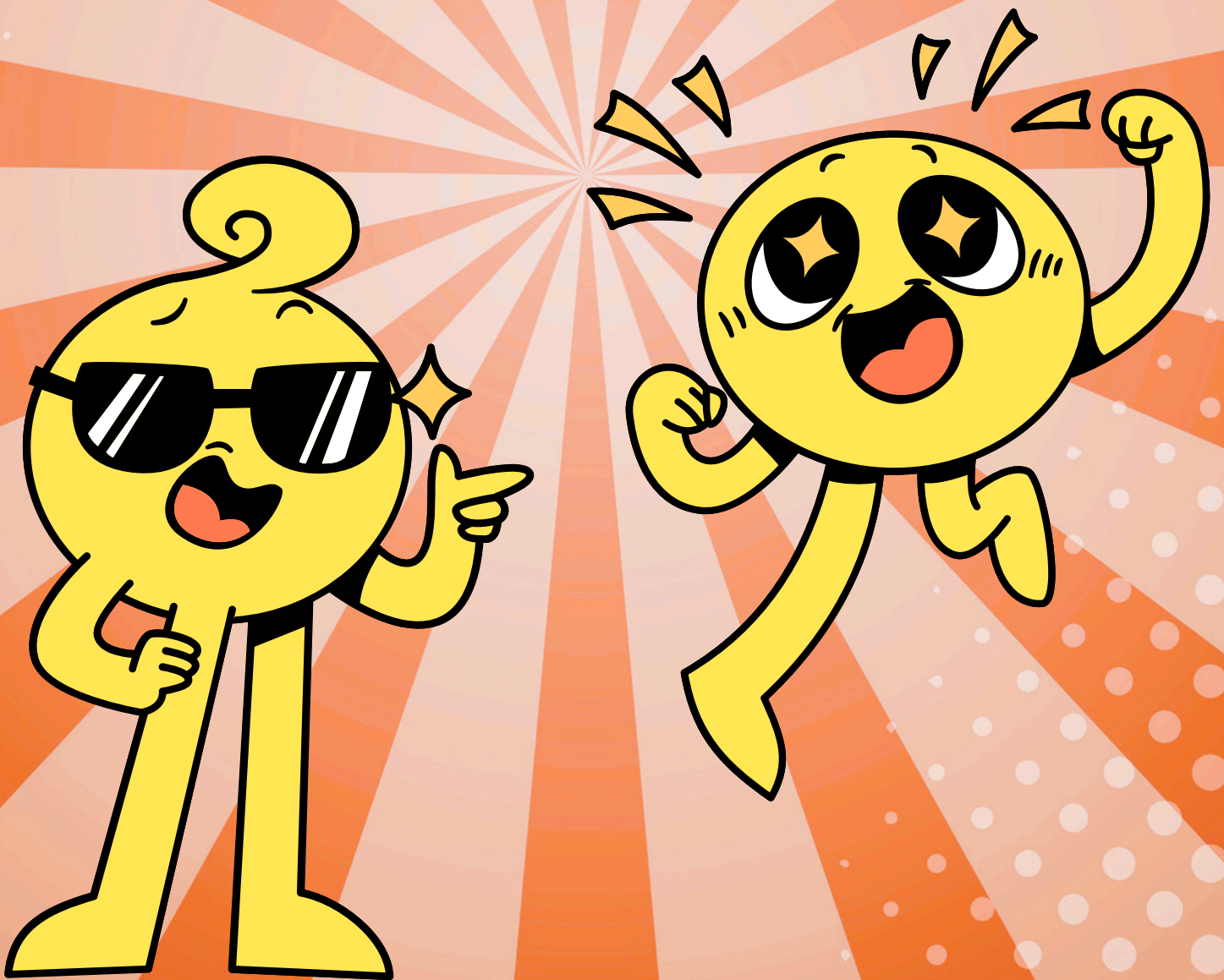
This annual highlight event showcases the passion of gymnastics held by all from around the province. We hope you will enjoy the performances as much as we do!

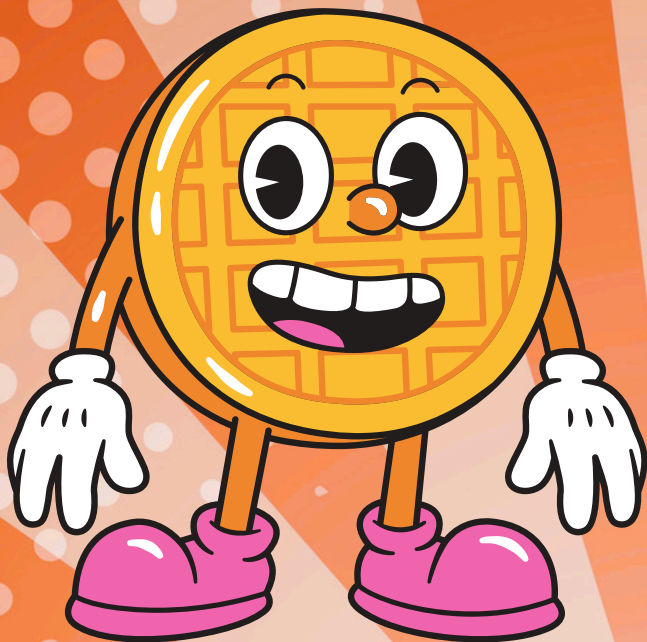
AGF Sport Development Committee



Performance Schedule

Sunday, May 4th, 2025





9:00-9:15 AM	TEAM CHECK-IN
9:15-9:30 AM	WARM UP
9:30-9:40 AM	OPENING CEREMONY / NATIONAL ANTHEM
PERFORMANCES BEGIN	
9:45 AM	ORTONA GYMNASTICS PERFORMANCE TEAM
9:50 AM	TROOPERS JR
9:55 AM	NEGC SHOOTING STARS
10:00 AM	CGC EMBER
10:05 AM	WAINWRIGHT GYMNASTICS CLUBS PERFORMANCE TEAM "DUCK TALES"
10:10 AM	PHOENIX GYMNASTICS GYMNAESTRADA TEAM
10:15 AM	THE DREAM CATCHERS
10:20 AM	GRANDE PRAIRIE GYMNASTICS PERFORMANCE GROUP
10:25 AM	TROOPERS SR
10:30 AM	CGC PHOENIX
15-MINUTE INTERMISSION	
10:45 AM	CAPTIVATE ADULT GYMNASTICS
10:50 AM	NEGC COSMOS
10:55 AM	SGA REC TROUPE
11:00 AM	SALTA INTERCLUB
11:05 AM	DYNAMYX DEMO TEAM
11:10 AM	DREAMS GYMNAESTRADA TEAM
11:15 AM	WAINWRIGHT GYMNASTICS CLUBS PERFORMANCE TEAM "KIM POSSIBLE"
11:20 AM	CGC BLAZE
11:25 AM	SURPRISE PERFORMANCE



2025 GYM FEST PERFORMANCE SCHEDULE

MAY 4, 2025





ORTONA GYMNASTICS PERFORMANCE TEAM



The Ortona Gymnastics Performance team is a dynamic and passionate group of athletes who share a love for movement, creativity, and teamwork. With athletes ranging from 9 to 14 years and representing a variety of skill levels, our team is united by a common goal: to celebrate gymnastics in an inclusive and fun environment.

Led by a dedicated coaching staff, the Ortona Gymnastics Performance Team emphasizes the importance of discipline, artistry, and camaraderie. Our goal is to highlight the beauty of gymnastics through expressive routines that combine flexibility, acrobatics, and dance. This year's routine is jam packed, showcasing the teams super-hero strength, endurance and power that they cannot wait to show you all!





LASSICIMAGEPHOTOGRAPHY

★GYMTASTICS
GYM CLUB
2024-2025

TROOPERS JR



Troopers is a recreational-based program that truly believes in putting the fun in fundamentals. Our team is dedicated to providing a positive, energetic environment where athletes can grow.

We are so excited to showcase our Saturday Morning Cartoons Routine, inspired by the iconic X-Men: The Animated Series! Get ready for a high-energy performance filled with mutant power, teamwork, and action.



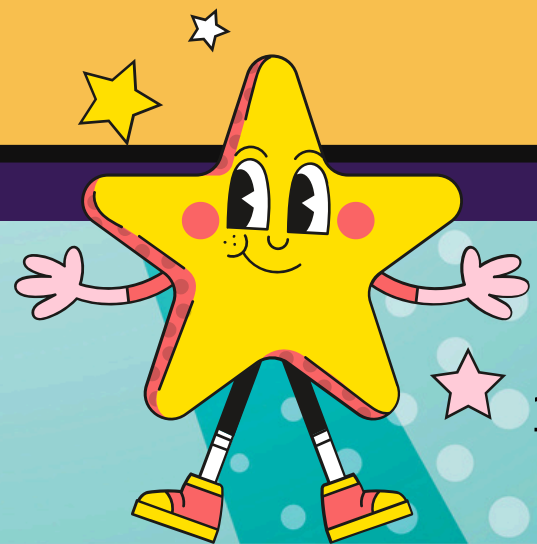


NEGE SHOOTING STARS



NEGC Shooting Stars is a brand-new gymnastics demo performance team, formed this season and ready to shine! These talented athletes have been training hard, perfecting their choreography, dance skills, partner and group acrobatics, and tumbling.

With dedication and teamwork, they have created an exciting and dynamic routine to showcase their skills. This is their debut year performing at Gymfest, and they are thrilled to take the stage for the first time. Get ready to be amazed by the NEGC Shooting Stars!





EGG
EMBER



Now welcoming CGC's Beginner West Performance Team - Ember! Practicing four hours a week, this strong-spirited team is always on an adventure. Today, they're bringing the legendary tale of Robin Hood to life, embodying the bravery and skill of Sherwood Forest's finest. With dynamic acro, dance, and tumbling, get ready to be amazed as these outlaws of excellence showcase their talent and teamwork!





**WAINWRIGHT
GYMNASTICS CLUB
PERFORMANCE TEAM
"DUCK TALES"**



The Wainwright Gymnastics Clubs Performance team "Duck Tales" is comprised of 12 gymnasts from our club. They train 2 hrs a week for their performance routine and some also take part in recreational classes. This is our 4th year taking part and we really enjoy all that Gymfest has to offer. Our favorite part of Gymfest is the fun workshops and learning new things!





PHOENIX GYMNASTICS GYMNAESTRADA TEAM



Quiz time audience! Can you correctly identify all of the Saturday morning cartoon theme songs in the intro for the Phoenix Gymnastics Gymnaestrada's team performance?!

BONUS! Do you know this early 2000's theme, "Call me, beep me if you wanna reach me...."? This team of terrific tumblers and acrobats practice one time per week as a group hope to bring "Kim Possible" back into pop culture by bopping along to the theme. If you know the words, sing and clap along, then watch more "Kim Possible" adventures!





THE DREAM CATCHERS



The Dream Catchers are a group of primarily recreational athletes aged 8-11 from Dreams Gymnastics Academy in Edmonton sharing their love of gymnastics. This years routine has been inspired by Saturday Morning Cartoons, choreographed and coached by Ava White & Calleigh Burton. Calleigh and Ava are both Dreams Gymnastics Performance Team alumni.





GRANDE PRAIRIE GYMNASTICS PERFORMANCE GROUP



Grande Prairie Gymnastics Performance Group is a dynamic and energetic gymnastics performance team dedicated to showcasing the artistry, strength, and skill of gymnastics in a fun and engaging way. Composed of passionate athletes age 6-13, we aim to inspire audiences while promoting teamwork, confidence, and a love for movement.





TROOPERS SR



AWESOME!

Troopers is a recreational-based program that truly believes in putting the fun in fundamentals. Our team is dedicated to providing a positive, energetic environment where athletes can grow. We are so excited to showcase our Saturday Morning Cartoon Routine, inspired by the dark and funky world of Cyber 6! Get ready for a high-energy performance filled with villainous robotic creations, action, and teamwork, as we bring the battle between good and evil to life






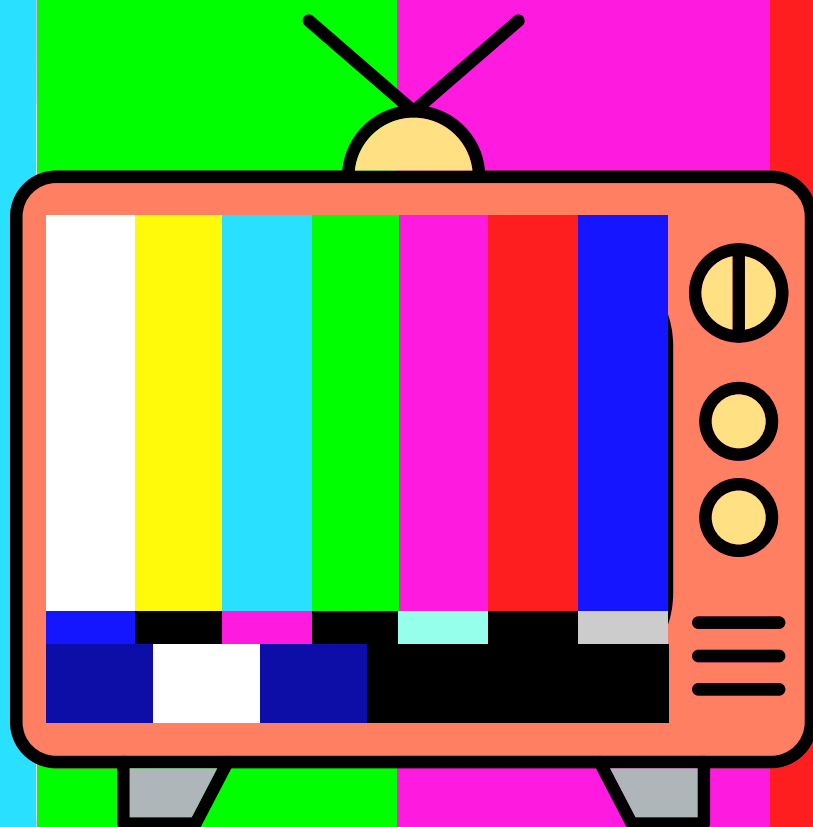
EGG
PHOENIX



Please welcome CGC's Advanced Performance Team - Phoenix! Practicing 4 hours a week, this electrifying team loves to move. Fly with us to the vibrant streets of Brazil where Carnevale comes to life! Clap along as you watch all the birds of a feather flock together to bring you creative choreography, dynamic dance and high-flying acro. Spread your wings and party, Phoenix style!



Intermission



We'll be



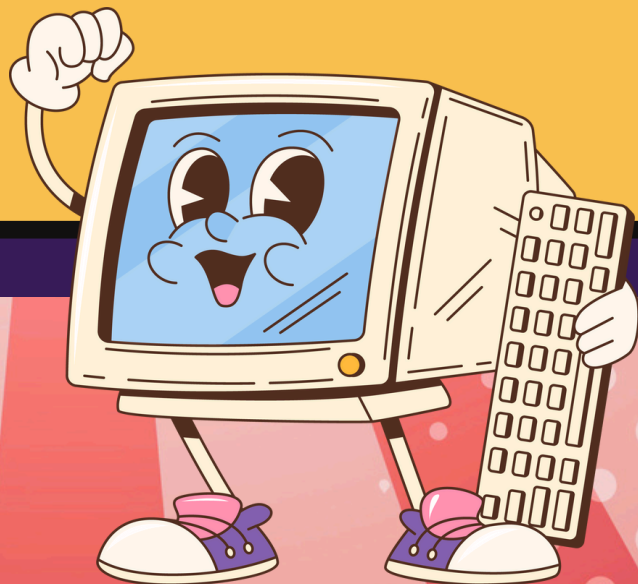
right back!



CAPTIVATE ADULT GYMNASTICS

2000

It's December 31, 1999. A group of Saturday morning cartoon friends are bummed out about the impending Y2K crisis. As midnight rolls by and the fears prove unjustified, they celebrate like it's 1979. Come celebrate the unfounded Y2K fears with this group of adults in their 20s, 30s and 40s, who actually were alive for this historical moment AND ALSO enjoy training weekly in acro and gymnastics!





NEGE

COSMOS



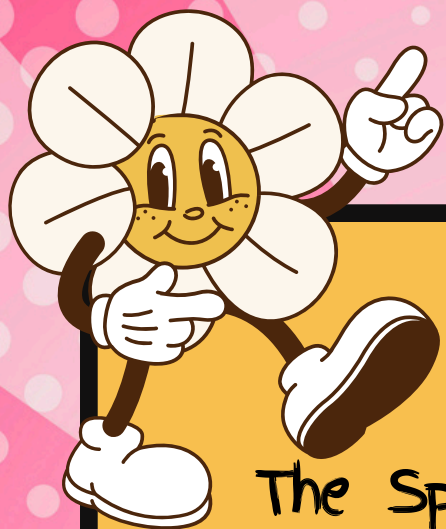
NEGC Cosmos is a seasoned gymnastics demo performance team, returning for their fourth appearance at Gymfest! With most of the team training together for three years, they have built strong chemistry while welcoming new members each season.

Their performance showcases a blend of dynamic choreography, synchronized dance, powerful tumbling, and impressive partner and group acrobatics. With experience and passion, NEGC Cosmos is ready to captivate the audience once again with their energy and teamwork. Get ready for an out-of-this-world performance!

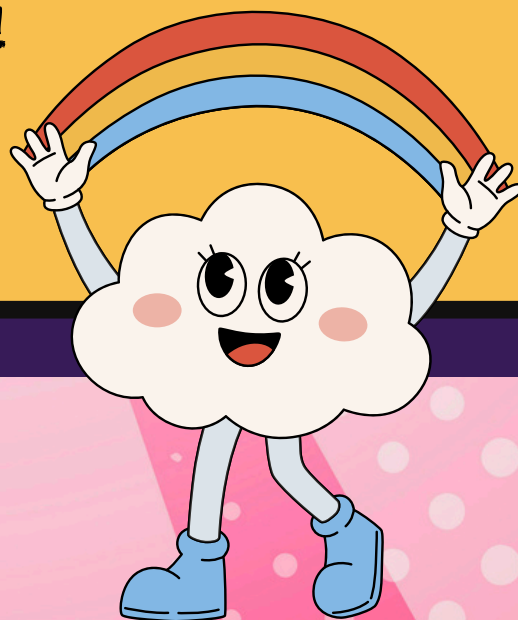




SGAR REC TROUPE



The Spruce Grove Aerials (SGA) Rec Troupe is comprised of intermediate and advanced recreational athletes. The Rec Troupe provides an opportunity for our recreational athletes to combine gymnastics, choreography and stunting, and to showcase their love of gymnastics and performing. We are very proud of the hard work and dedication they have shown this year!





SALTA
INTERCLUB



SALTA Interclub Into These 11 girls don't just like gymnastics — they live and breathe it. Their days are filled with cartwheels, handstands, and the sound of music that fills the gym. They light up the moment they step onto the mat, pushing their bodies to flip, twist, and soar higher than the day before. It's not just a sport to them; it's a passion — a mix of art and strength, discipline and freedom. Every routine is a story they tell with their movements, every practice a step closer to mastering the impossible. Gymnastics isn't something they do — it's who they are.

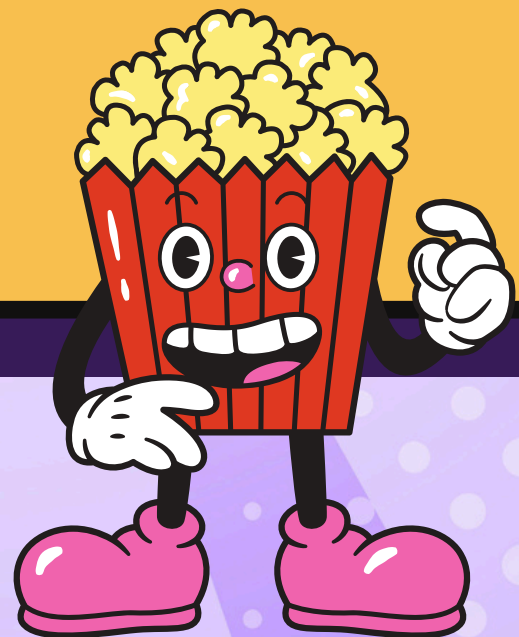




DYNAMYX DEMO TEAM






Dynamyx Demo Team consists of a group of our advanced recreational gymnasts. They perform at our in house events, and other events around the St. Albert area. They are really excited to be back at Gymfest this year!





DREAMS GYMNAESTRADA TEAM



Dreams Gymnaestrada Team is developed with members from our Interclub Team. Our Interclub Team currently has 55 members and range from ages 5-16 years old. Each year we invite members to join us for gymnaestrada. Some gymnaestrada members are in their first year Interclub and others range up to 4 years. All our team members are great to work with. With only 10 two hour practices, they work together like best friends and Family. They have team spirit and dedication.





**WAINWRIGHT
GYMNASTICS CLUBS
PERFORMANCE TEAM
"KIM POSSIBLE"**



The Wainwright Gymnastics Clubs Performance team "Kim Possible" is comprised of 10 gymnasts from our Competitive program. When they are not practicing their group routine for Gymfest together, they are working on their gymnastics skills for competition season. This is our 4th year taking part and we really enjoy all that Gymfest has to offer. Our favorite part of Gymfest is watching the other amazing teams out there perform.





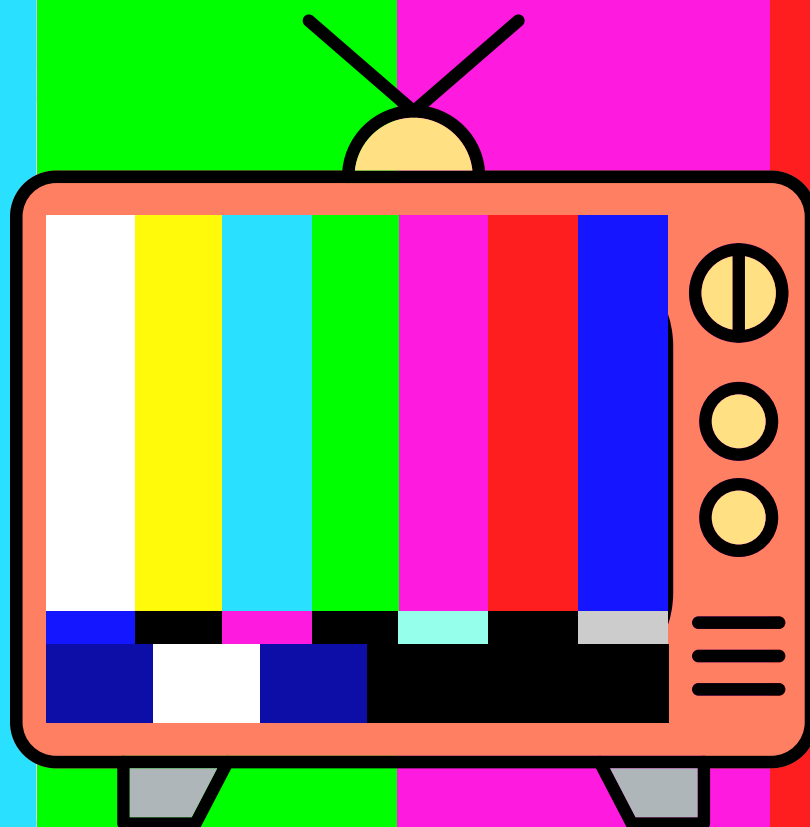
EGGE
BLAZE



Prepare for an adrenaline-packed adventure with CGC Blaze. Inspired by espionage, their routine is set to iconic songs like Kim Possible, Skyfall by Adele and Double Life from Despicable Me. From daring flips to precise stunts, they bring the world of spies to life with high-energy performances, thrilling surprises, and plenty of covert action. Get ready for a mission you won't forget!



And that's the





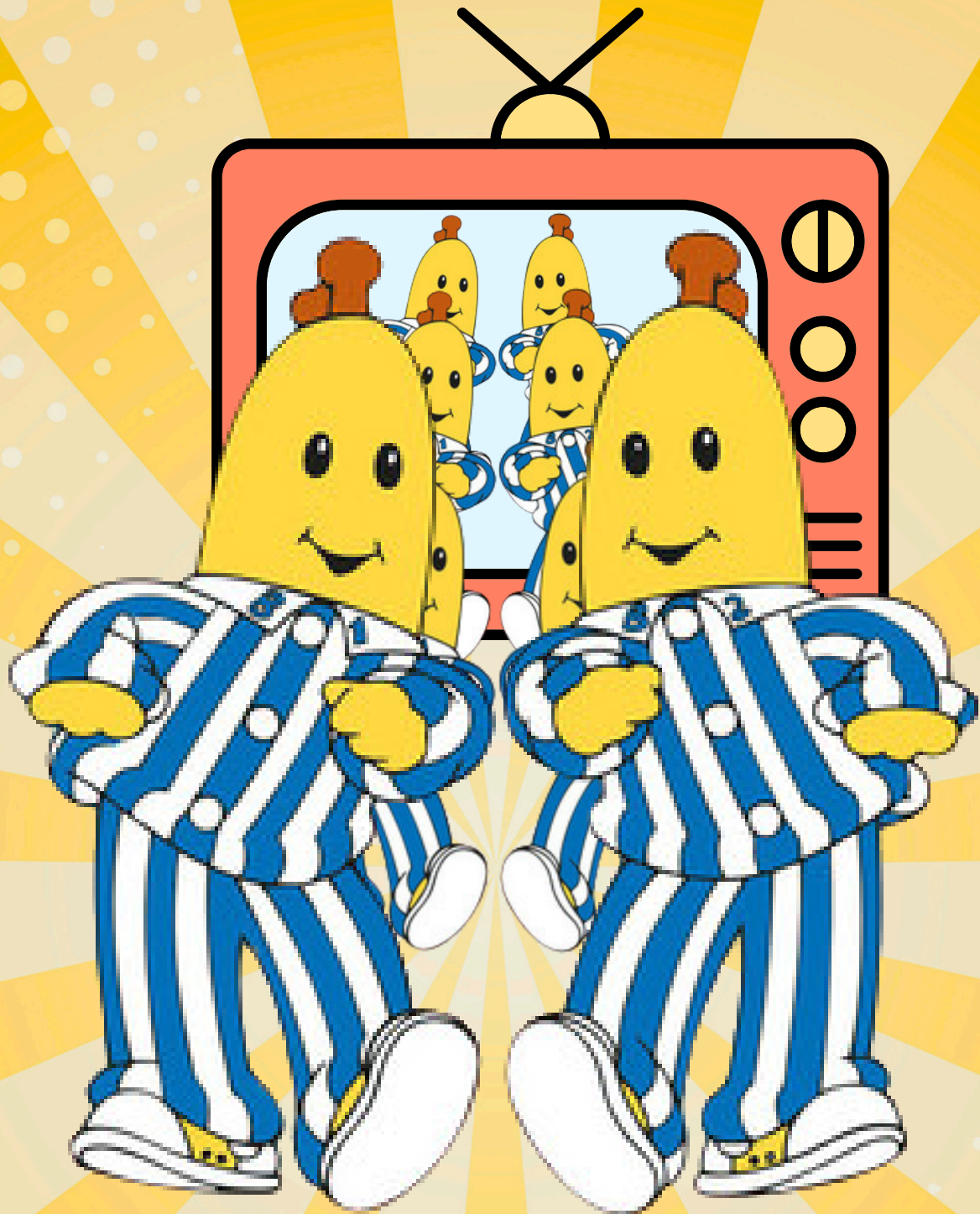
Show, folks!

*Special Thanks
to...*



SPIETH





*But wait...
There's more?*