



Gymfest Eras

May 1-3
2026

University of Calgary

University of Calgary Red Gym
Calgary, Alberta
May 1-3, 2026
www.abgym.ab.ca



Welcome everyone to GymFest 2026!

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 that helps us endure throughout the everchanging Eras of our community.

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

**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:

Kelly, Chair

Aliza, Bobby, Brody, Debbie, Hayley, Kade, Kari and Peggy,



Morning

MORNING PERFORMANCES
TEAM CHECK-IN
WARM UP
OPENING CEREMONY / NATIONAL ANTHEM
MORNING PERFORMANCES BEGIN
CGC PHOENIX
ORTONA PROVINCIAL
NEGC
PHOENIX GYMNAESTRADA PERFORMANCE TEAM
CGC EMBER
RHYTHMICS WEST
DREAMS BC
ORTONA NATIONAL
CALGARY ACRO
15-MINUTE INTERMISSION + TRUE SPORT RECOGNITION AFTER INTERMISSION
CAPTIVATE
CGC BLAZE
GRANDE PRAIRIE
DYNAMYX
GYMNATION
CGC GYMNAESTRADA
ACRO STUDIO
COACHES PERFORMANCE



2025 GYM FEST MORNING PERFORMANCE SCHEDULE

MAY 3, 2025



Performances

Afternoon

AFTERNOON PERFORMANCES
TEAM CHECK-IN
WARM UP
AFTERNOON PERFORMANCES BEGIN
TROOPERS SR
GYMNATION
CGC PHOENIX
GRANDE PRAIRIE
ORTONA PROVINCIAL
DYNAMYX
CGC BLAZE
RHYTHMICS WEST
CGC GYMNAESTRADA
15-MINUTE INTERMISSION + TRUE SPORT RECOGNITION AFTER INTERMISSION
CAPTIVATE
CGC EMBER
SALTA
SPRUCE GROVE
TROOPERS JR
NEGC
ORTONA NATIONAL
CALGARY ACRO
COACHES PERFORMANCE



2025 GYM FEST AFTERNOON PERFORMANCE SCHEDULE

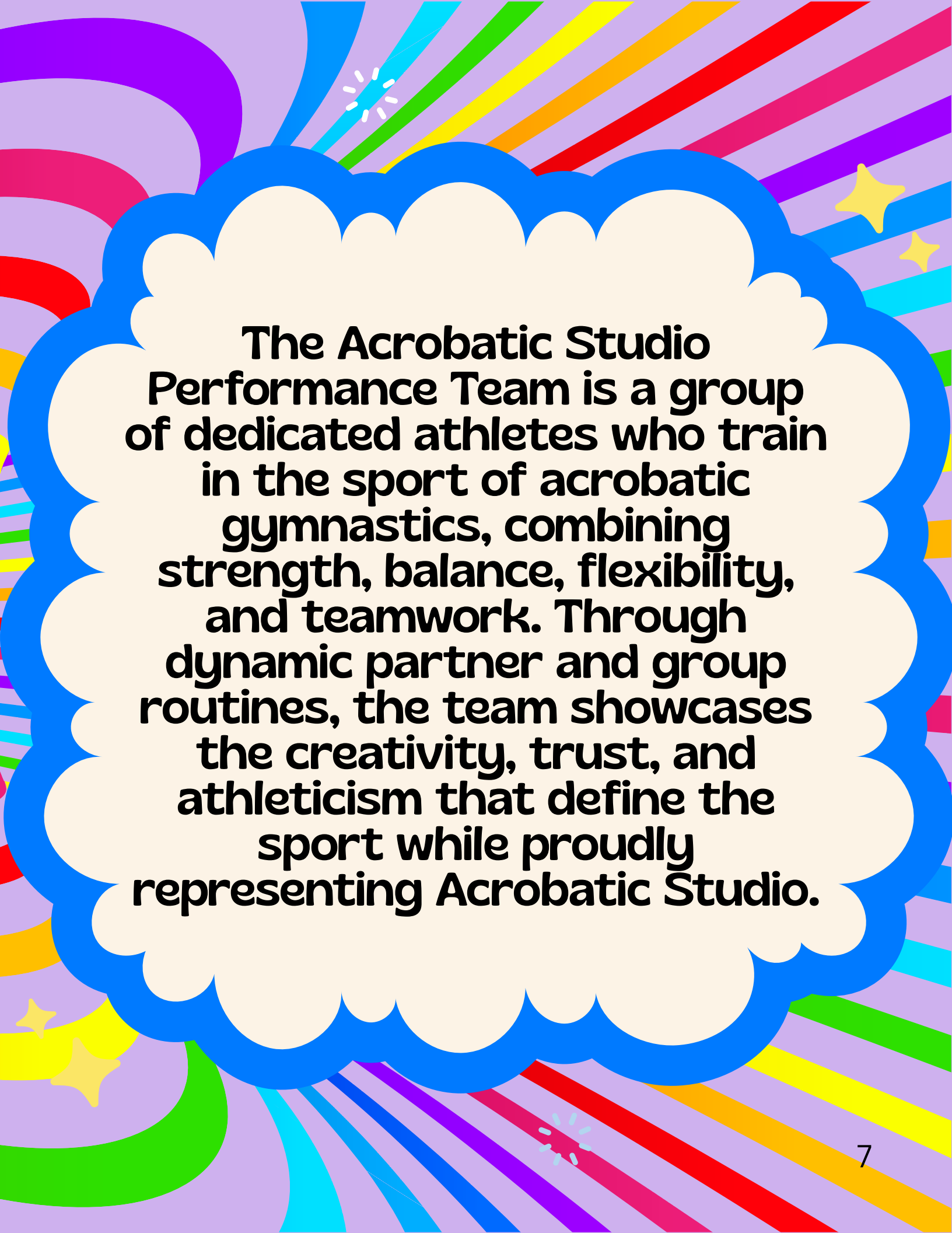
MAY 3, 2025



Performances




Acro Studio



The Acrobatic Studio Performance Team is a group of dedicated athletes who train in the sport of acrobatic gymnastics, combining strength, balance, flexibility, and teamwork. Through dynamic partner and group routines, the team showcases the creativity, trust, and athleticism that define the sport while proudly representing Acrobatic Studio.



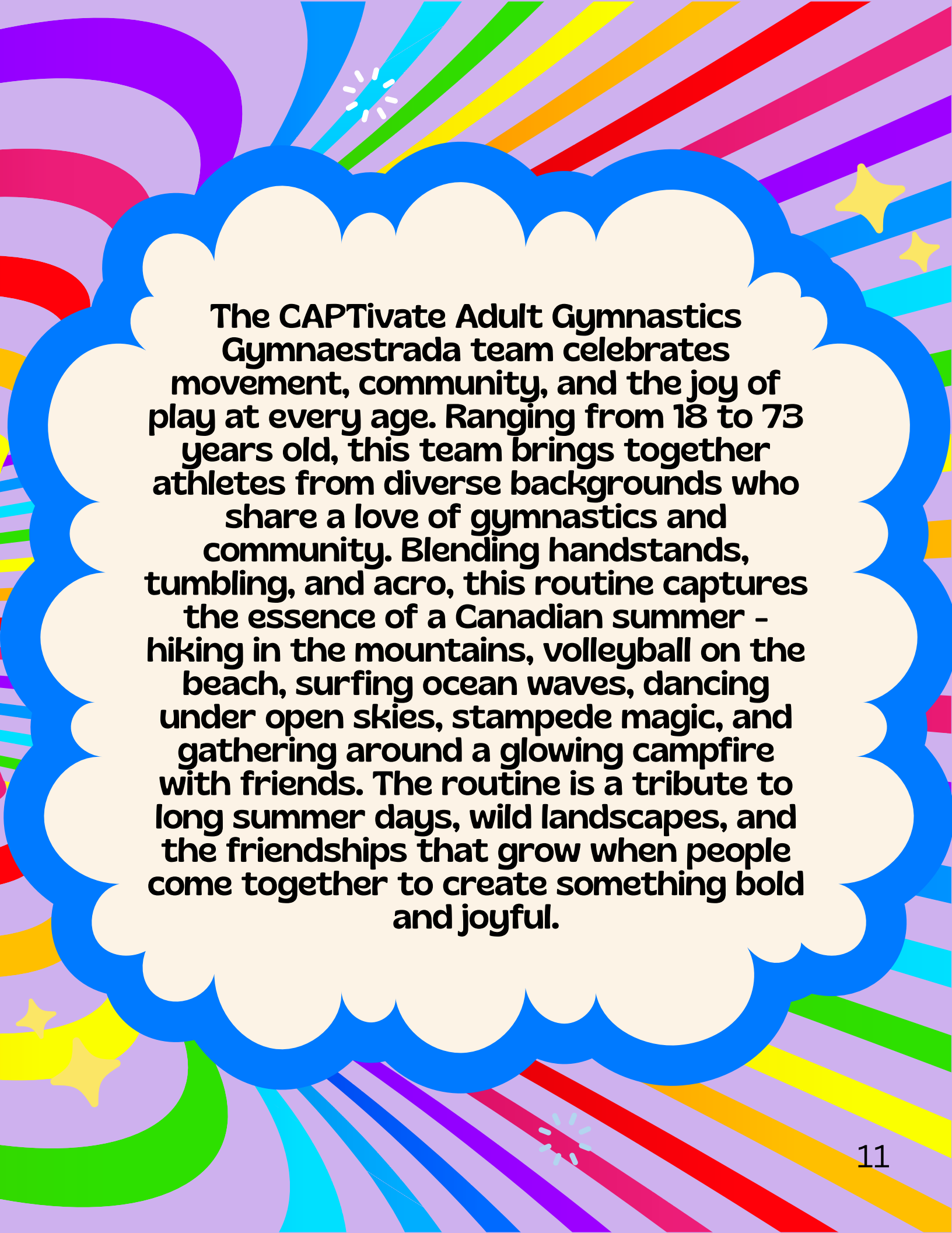
Calgary Acro



Calgary Acro always enjoys performing and practicing acro at any opportunity. We hope you enjoy watching their showcase of acrobatic gymnastics to -80's LEGENDS-.



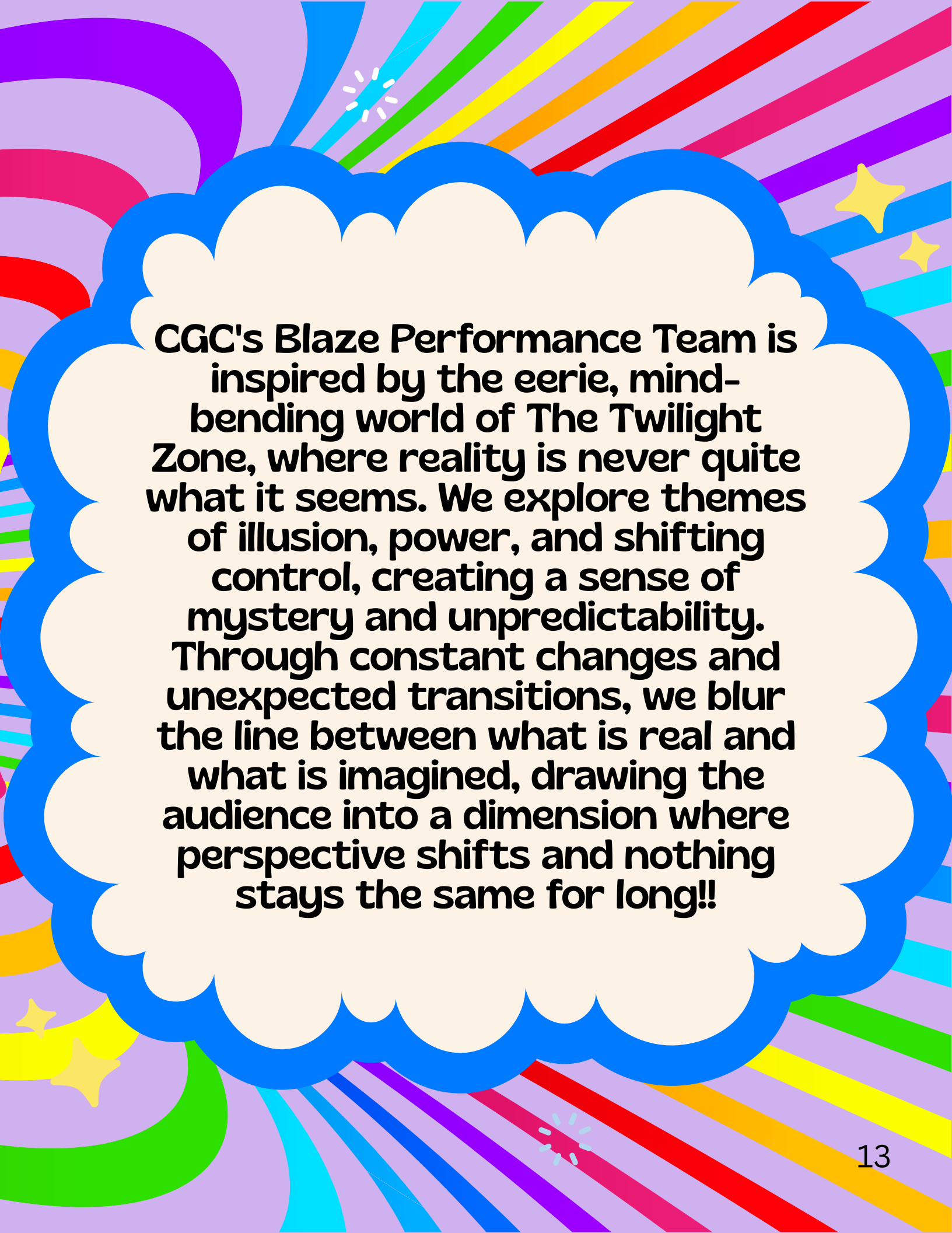
CAPTivate



The CAPTivate Adult Gymnastics Gymnaestrada team celebrates movement, community, and the joy of play at every age. Ranging from 18 to 73 years old, this team brings together athletes from diverse backgrounds who share a love of gymnastics and community. Blending handstands, tumbling, and acro, this routine captures the essence of a Canadian summer - hiking in the mountains, volleyball on the beach, surfing ocean waves, dancing under open skies, stampede magic, and gathering around a glowing campfire with friends. The routine is a tribute to long summer days, wild landscapes, and the friendships that grow when people come together to create something bold and joyful.



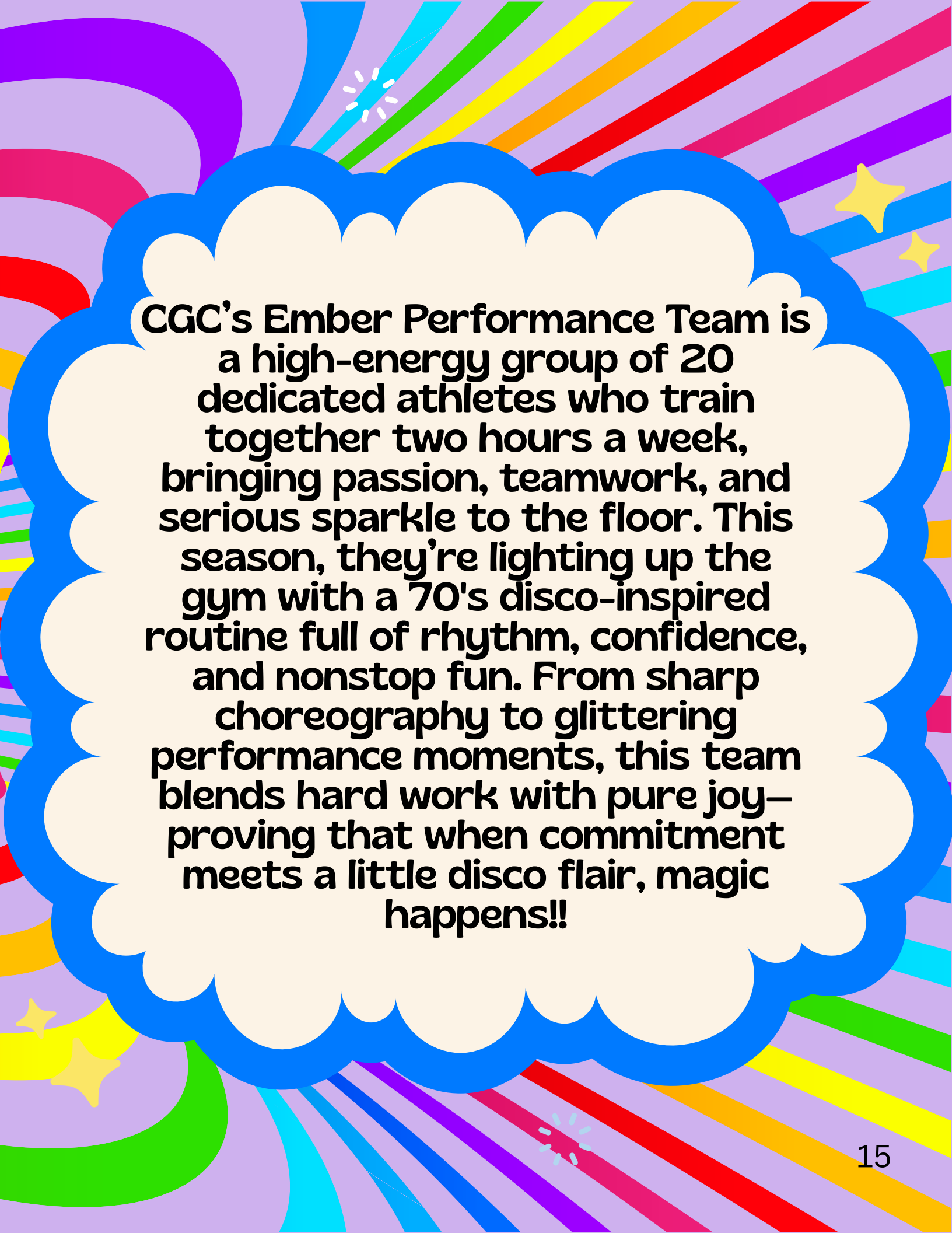
CGC Blaze



CGC's Blaze Performance Team is inspired by the eerie, mind-bending world of The Twilight Zone, where reality is never quite what it seems. We explore themes of illusion, power, and shifting control, creating a sense of mystery and unpredictability. Through constant changes and unexpected transitions, we blur the line between what is real and what is imagined, drawing the audience into a dimension where perspective shifts and nothing stays the same for long!!



CGC Ember




CGC's Ember Performance Team is a high-energy group of 20 dedicated athletes who train together two hours a week, bringing passion, teamwork, and serious sparkle to the floor. This season, they're lighting up the gym with a 70's disco-inspired routine full of rhythm, confidence, and nonstop fun. From sharp choreography to glittering performance moments, this team blends hard work with pure joy—proving that when commitment meets a little disco flair, magic happens!!



CGC

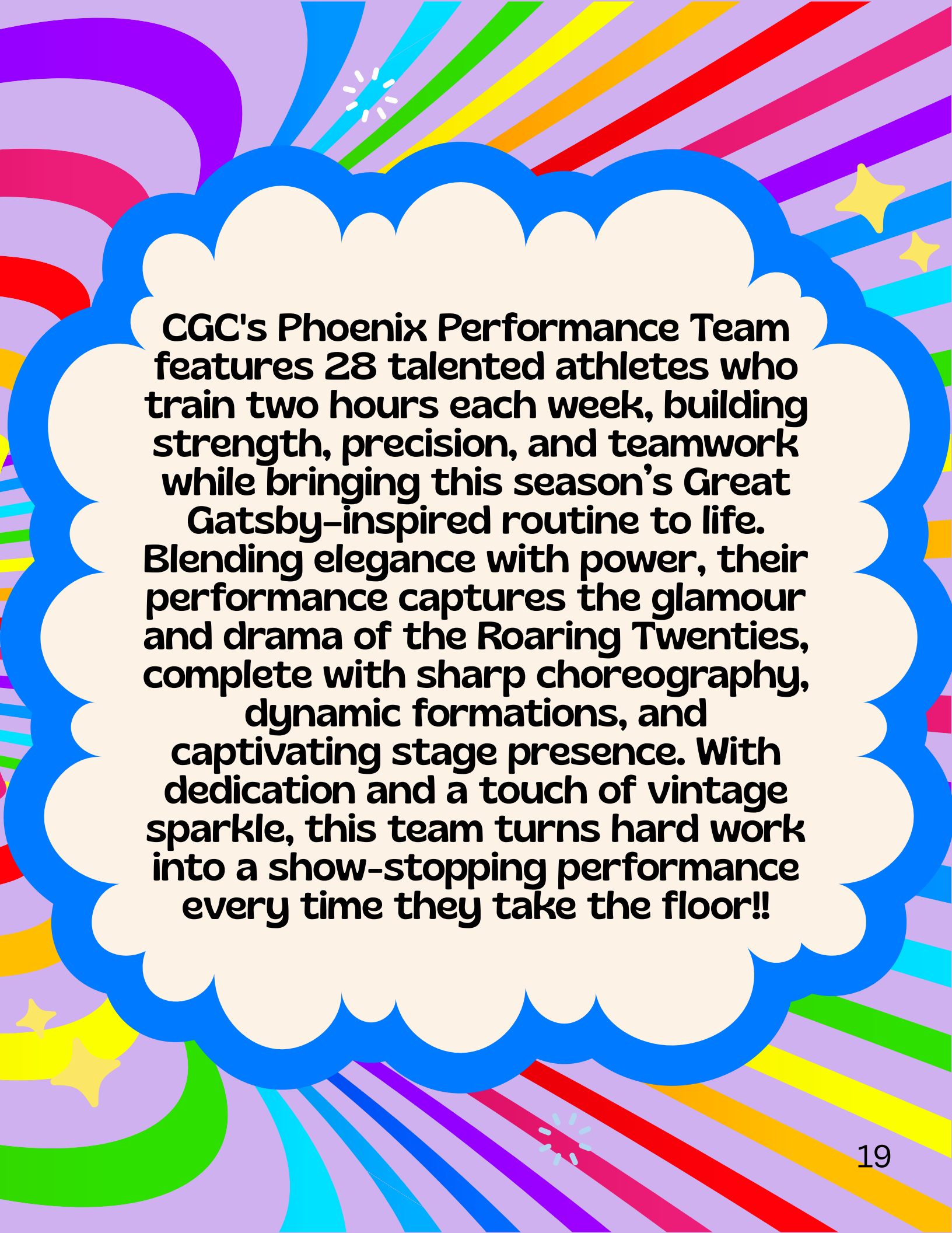
Gymnaestrada



CGC's Canadian Gymnaestrada Team is made up of 26 hardworking athletes who train two hours each week, building strength, stamina, and teamwork as they bring this season's rodeo-themed routine to life. Their performance takes the audience through a day in the life of a cowboy in Alberta—from early morning grit to high-energy arena moments—blending powerful tumbling, sharp choreography, and bold storytelling. With true western spirit and plenty of heart, this team captures the determination, pride, and excitement of rodeo culture every time they hit the floor!!



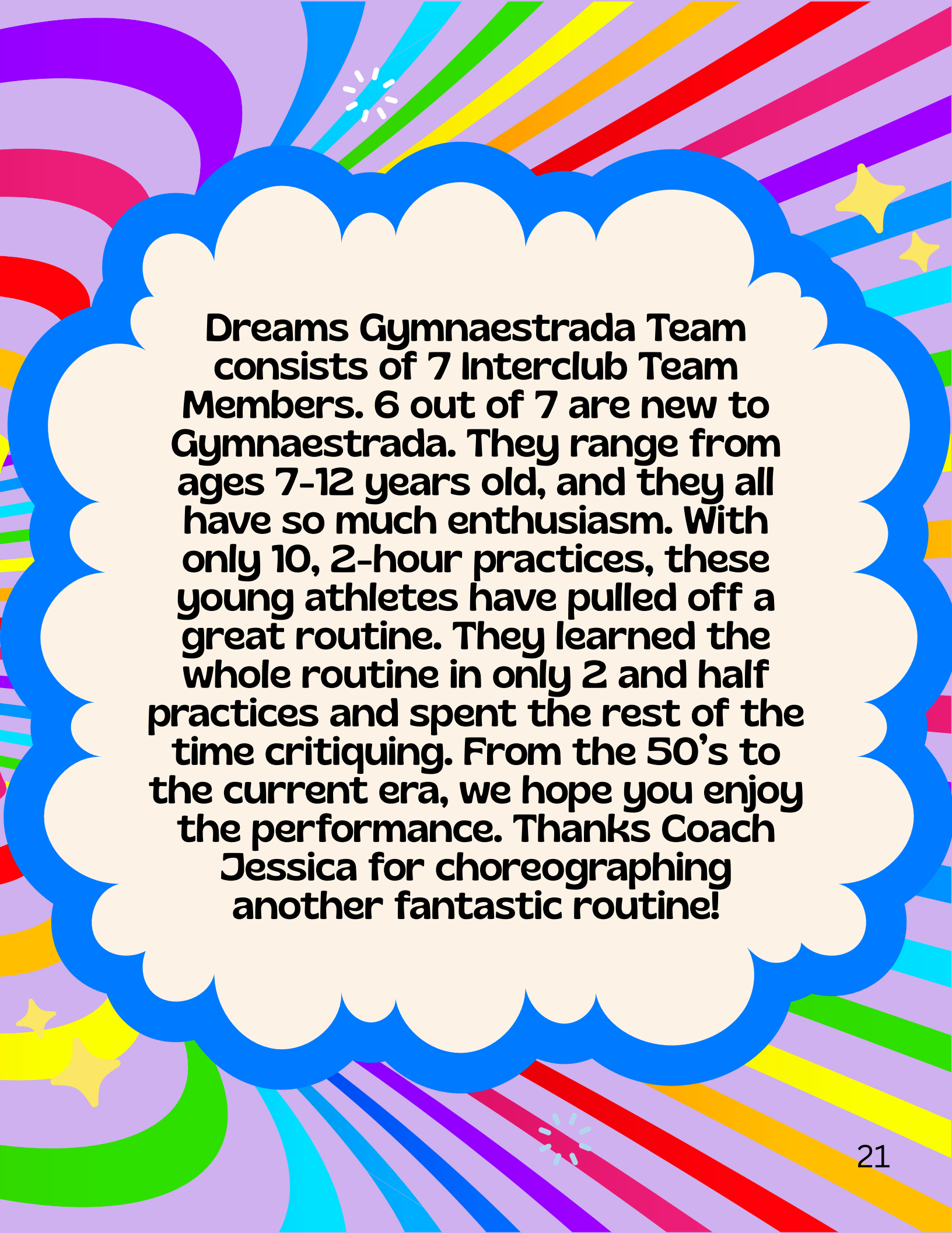
CGC Phoenix



CGC's Phoenix Performance Team features 28 talented athletes who train two hours each week, building strength, precision, and teamwork while bringing this season's Great Gatsby-inspired routine to life. Blending elegance with power, their performance captures the glamour and drama of the Roaring Twenties, complete with sharp choreography, dynamic formations, and captivating stage presence. With dedication and a touch of vintage sparkle, this team turns hard work into a show-stopping performance every time they take the floor!!



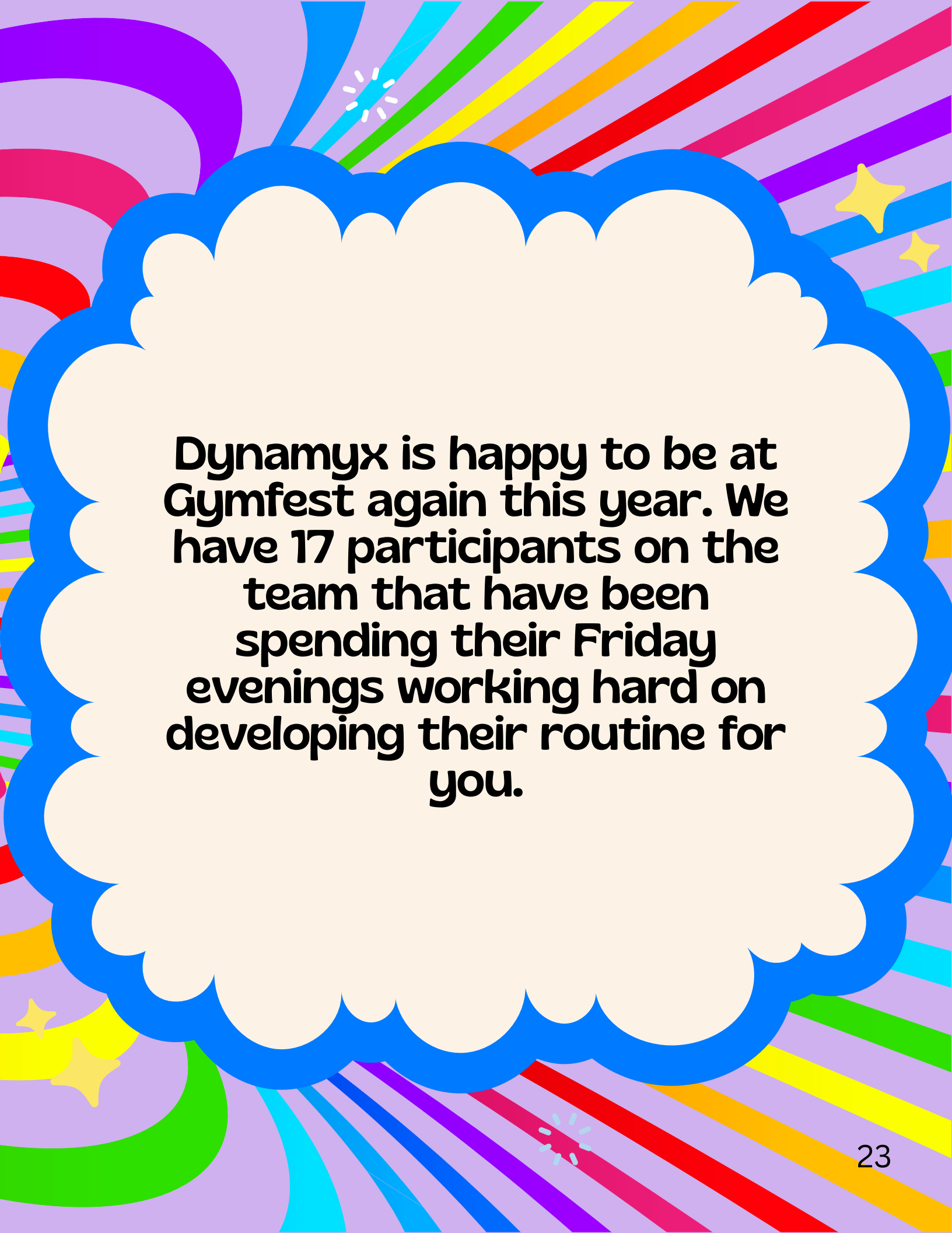
Dreams BC



Dreams Gymnaestrada Team consists of 7 Interclub Team Members. 6 out of 7 are new to Gymnaestrada. They range from ages 7-12 years old, and they all have so much enthusiasm. With only 10, 2-hour practices, these young athletes have pulled off a great routine. They learned the whole routine in only 2 and half practices and spent the rest of the time critiquing. From the 50's to the current era, we hope you enjoy the performance. Thanks Coach Jessica for choreographing another fantastic routine!



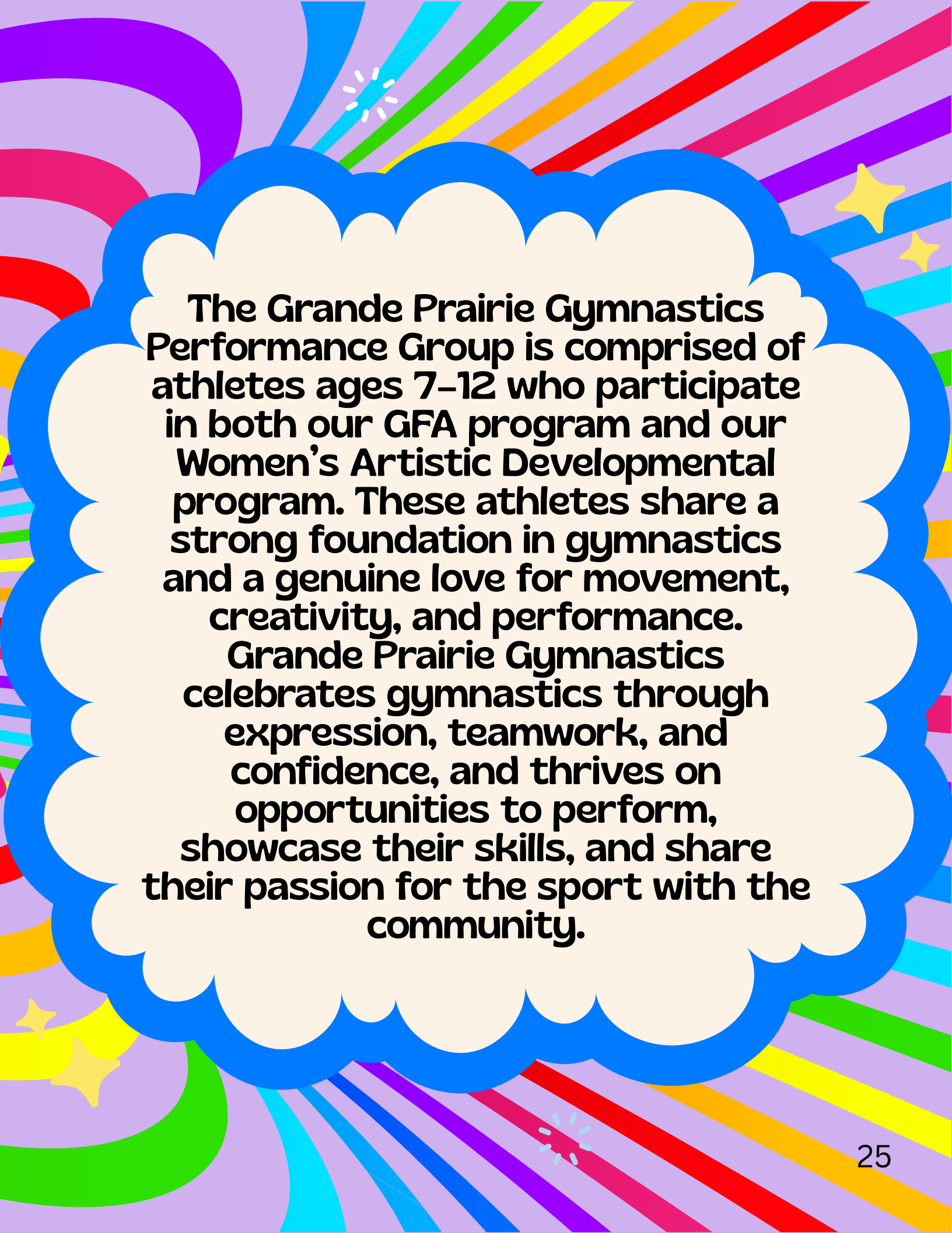
Dynamyx



Dynamyx is happy to be at Gymfest again this year. We have 17 participants on the team that have been spending their Friday evenings working hard on developing their routine for you.



Grande Prairie

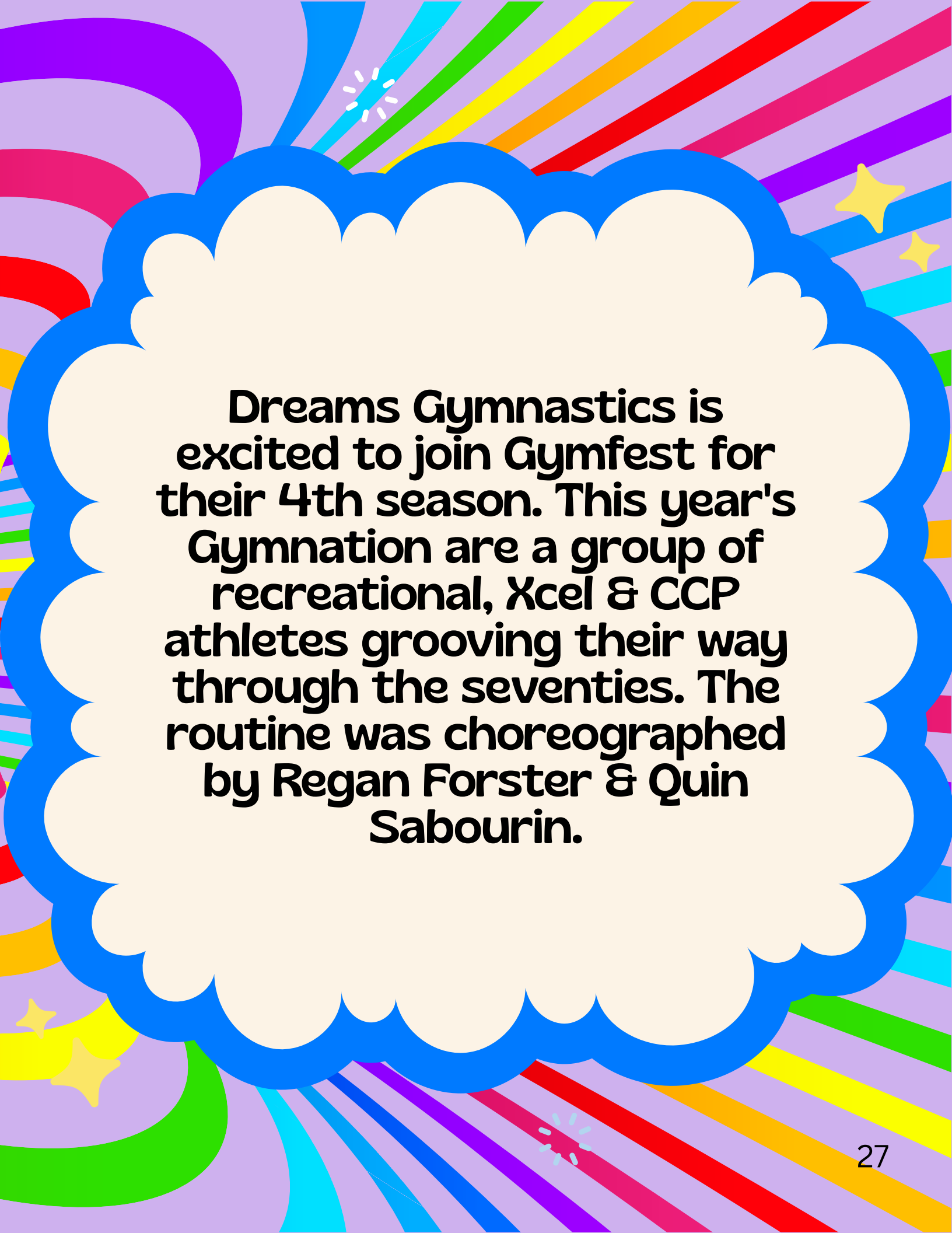


The Grande Prairie Gymnastics Performance Group is comprised of athletes ages 7–12 who participate in both our GFA program and our Women’s Artistic Developmental program. These athletes share a strong foundation in gymnastics and a genuine love for movement, creativity, and performance.

Grande Prairie Gymnastics celebrates gymnastics through expression, teamwork, and confidence, and thrives on opportunities to perform, showcase their skills, and share their passion for the sport with the community.



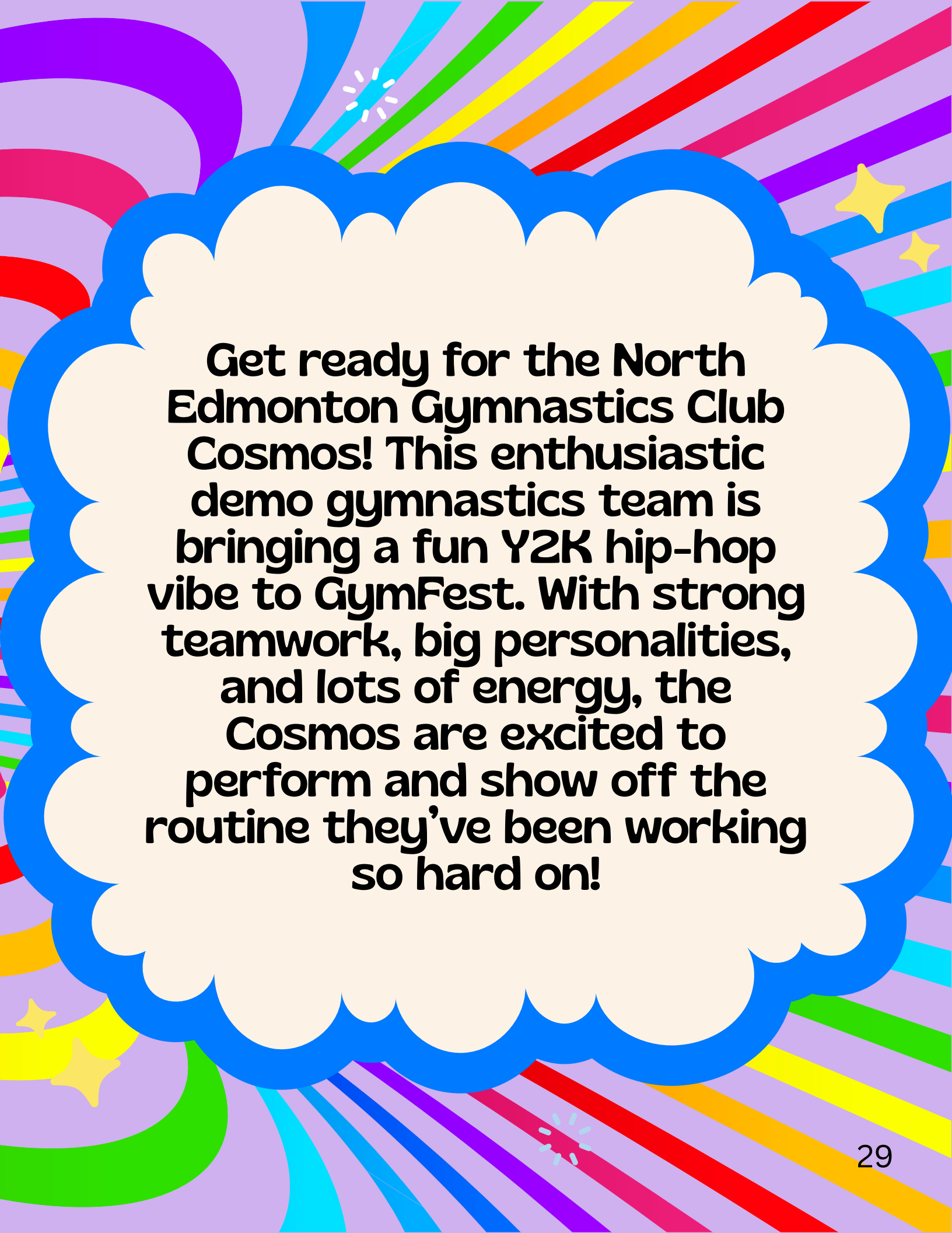
Gymnasion



Dreams Gymnastics is excited to join Gymfest for their 4th season. This year's Gymnation are a group of recreational, Xcel & CCP athletes grooving their way through the seventies. The routine was choreographed by Regan Forster & Quin Sabourin.



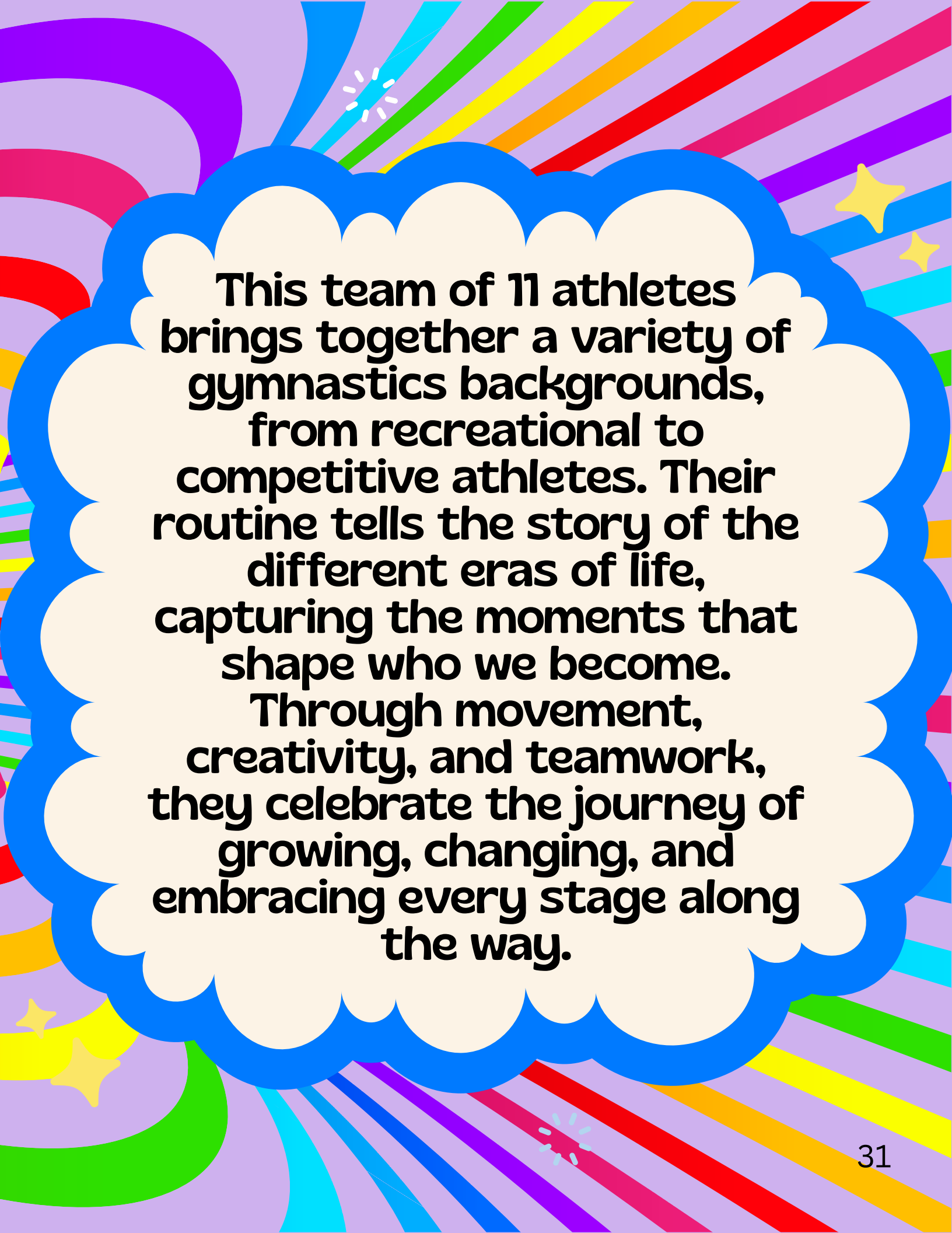
NEGC



Get ready for the North Edmonton Gymnastics Club Cosmos! This enthusiastic demo gymnastics team is bringing a fun Y2K hip-hop vibe to GymFest. With strong teamwork, big personalities, and lots of energy, the Cosmos are excited to perform and show off the routine they've been working so hard on!



Ortona National

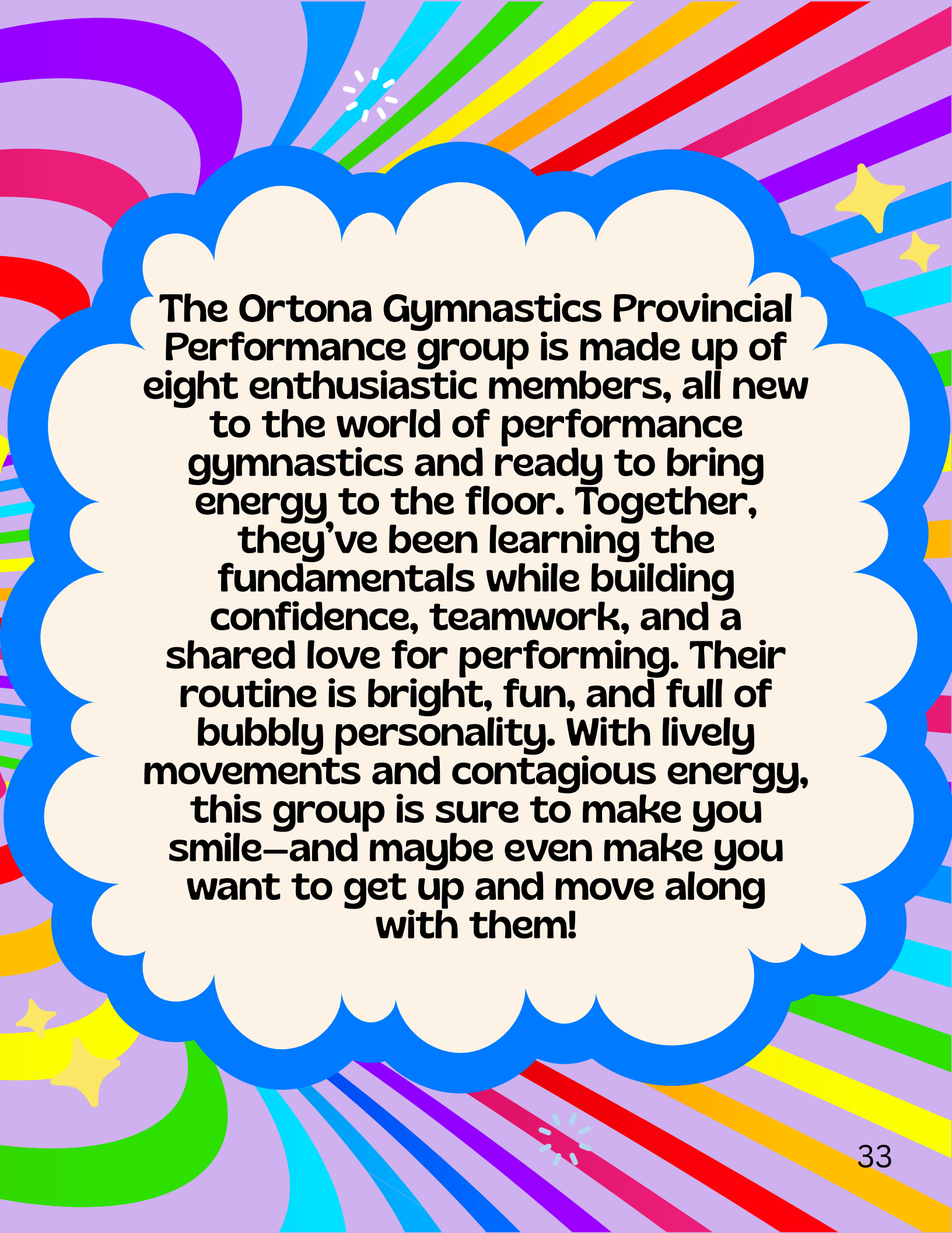


This team of 11 athletes brings together a variety of gymnastics backgrounds, from recreational to competitive athletes. Their routine tells the story of the different eras of life, capturing the moments that shape who we become.

Through movement, creativity, and teamwork, they celebrate the journey of growing, changing, and embracing every stage along the way.



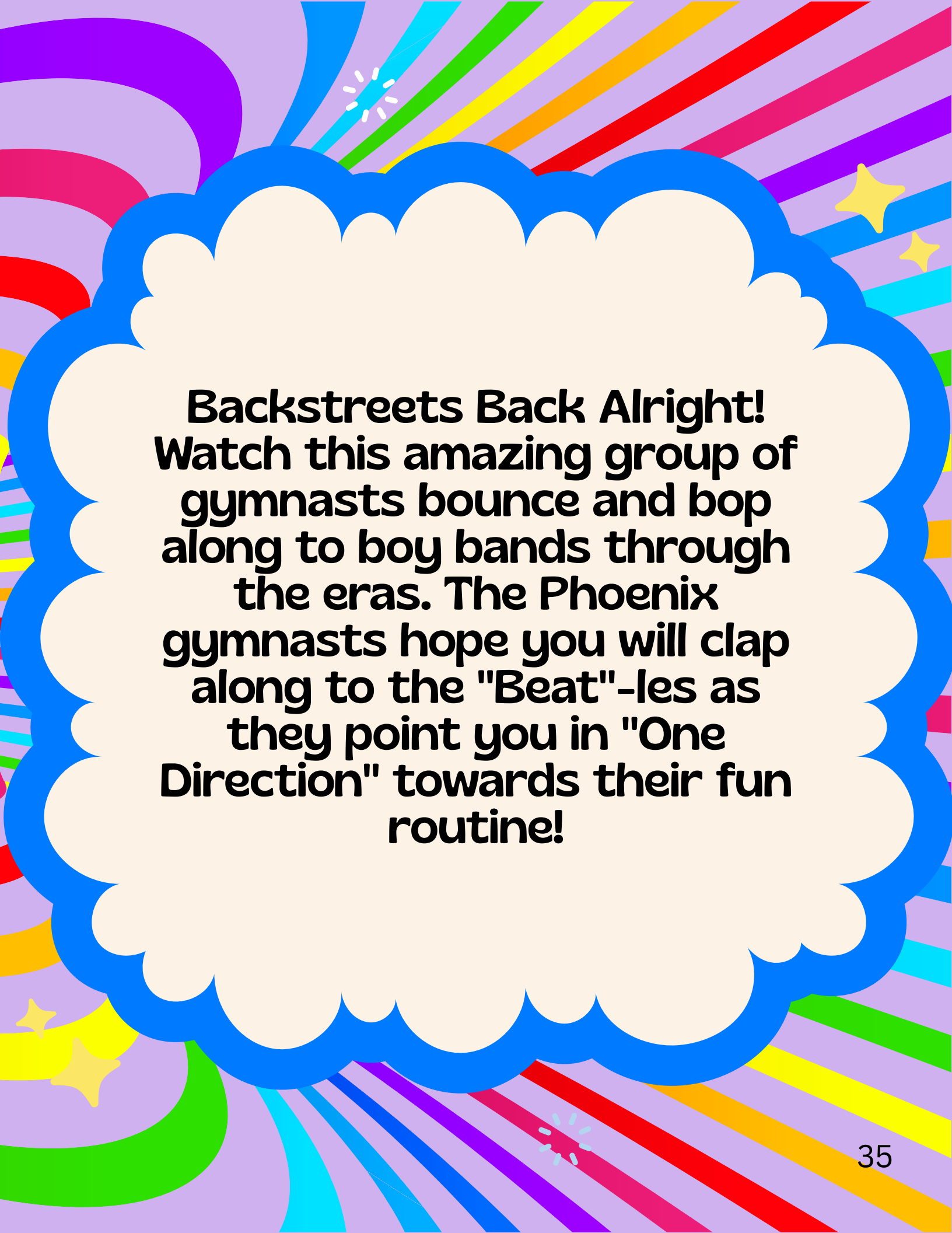
Ortona Provincial



The Ortona Gymnastics Provincial Performance group is made up of eight enthusiastic members, all new to the world of performance gymnastics and ready to bring energy to the floor. Together, they've been learning the fundamentals while building confidence, teamwork, and a shared love for performing. Their routine is bright, fun, and full of bubbly personality. With lively movements and contagious energy, this group is sure to make you smile—and maybe even make you want to get up and move along with them!



Phoenix Gymnaestrada Performance Team



**Backstreets Back Alright!
Watch this amazing group of
gymnasts bounce and bop
along to boy bands through
the eras. The Phoenix
gymnasts hope you will clap
along to the "Beat"-les as
they point you in "One
Direction" towards their fun
routine!**



Rhythmic West

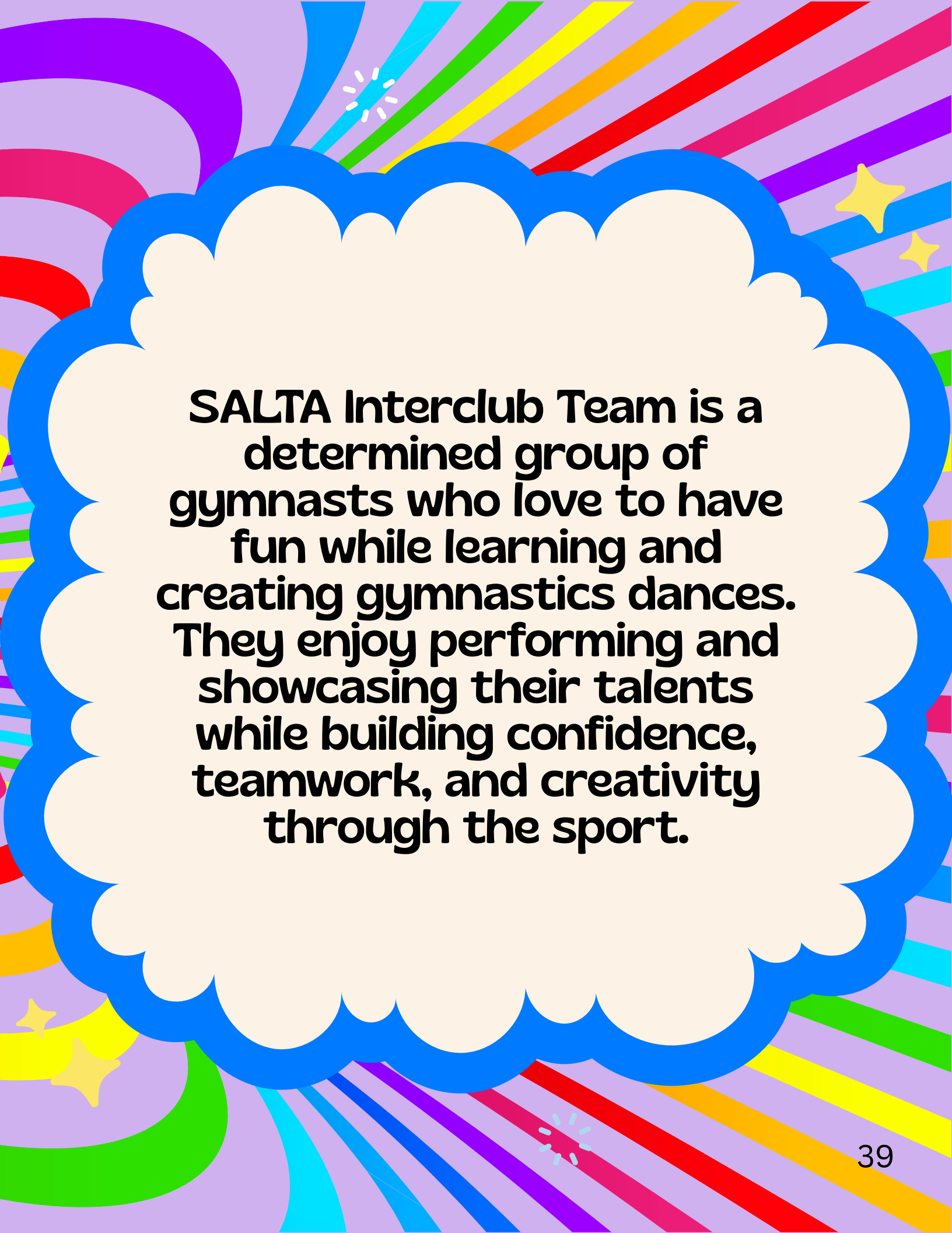


Rhythmics West is entering its 30th year of offering Rhythmic Gymnastics programs for all. This team trains at the Edgemont Community Center in NW Calgary. They have worked very hard on this routine and are great team mates to each other in True Sport Spirit. Their routine - Across the Universe - is a medley of ribbon, hoop, ball and silk scarves. We hope you enjoy their performance.

SALTA-INTERCLUB-2025-26




Salta



SALTA Interclub Team is a determined group of gymnasts who love to have fun while learning and creating gymnastics dances. They enjoy performing and showcasing their talents while building confidence, teamwork, and creativity through the sport.



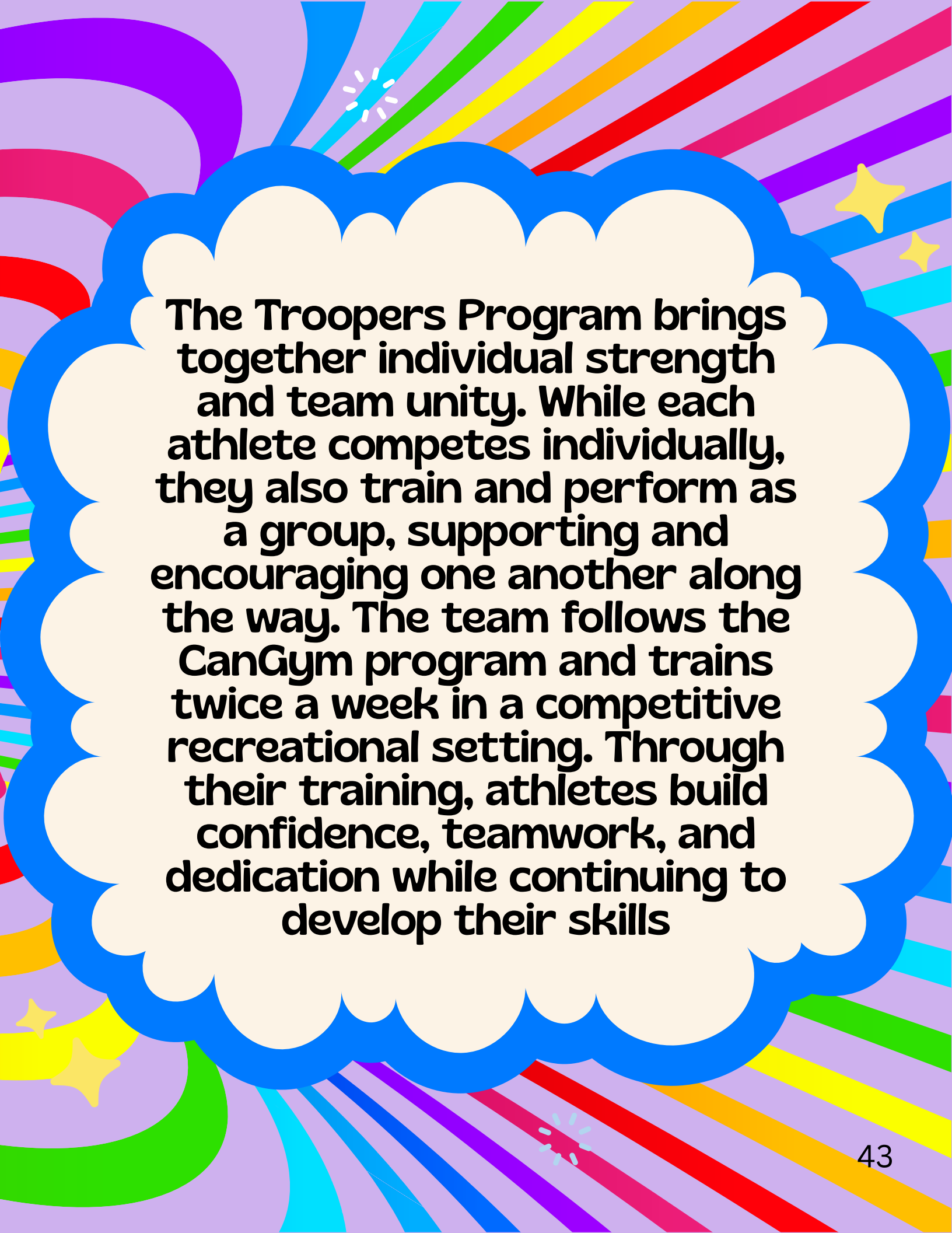
Spruce Grove



The Spruce Grove Aerials (SGA) Rec Troupe is made up 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 incredibly proud of the commitment and work ethic they have shown this year!



Troopers JR

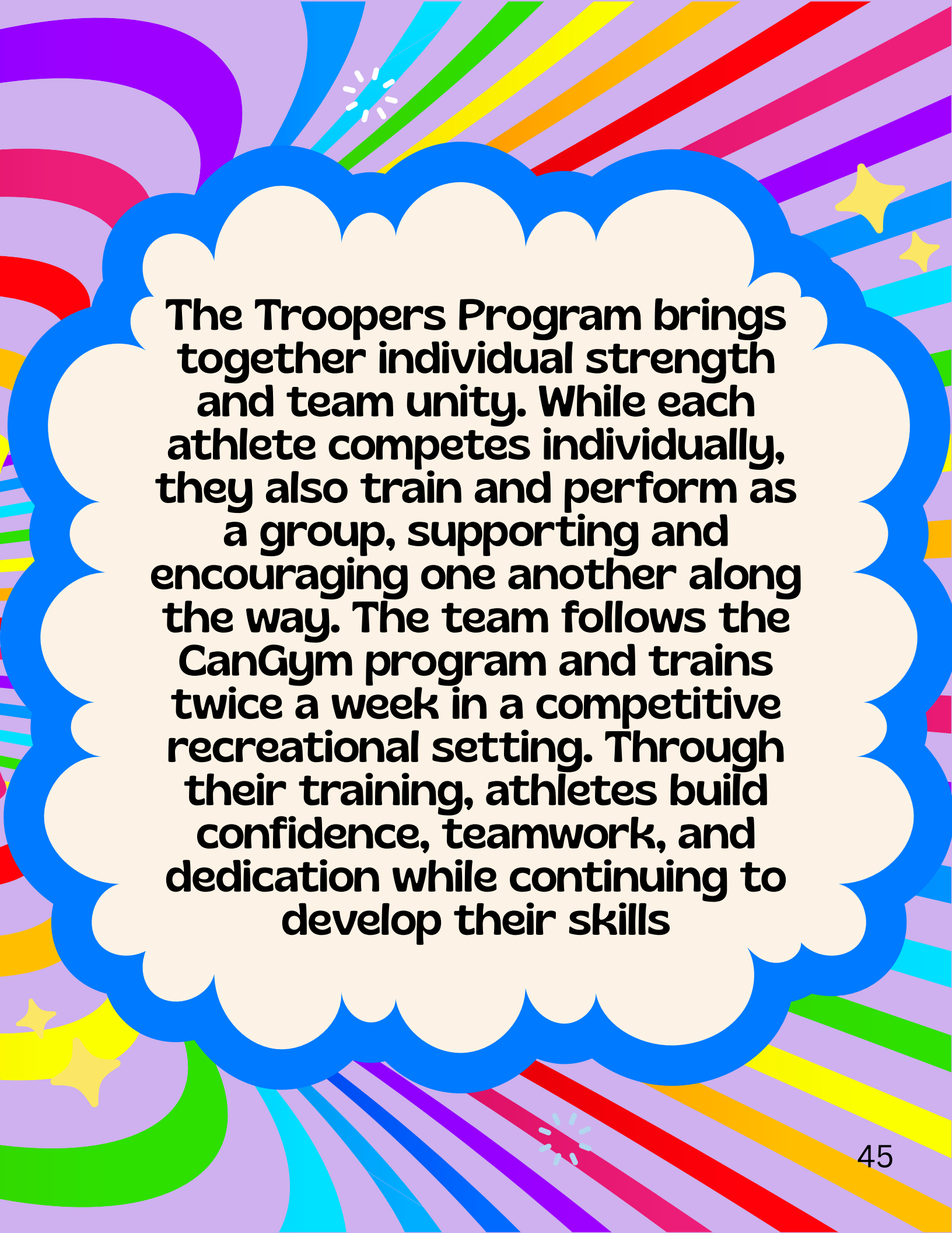


The Troopers Program brings together individual strength and team unity. While each athlete competes individually, they also train and perform as a group, supporting and encouraging one another along the way. The team follows the CanGym program and trains twice a week in a competitive recreational setting. Through their training, athletes build confidence, teamwork, and dedication while continuing to develop their skills

GYMNASTICS GYM CLUB



Troopers SR



The Troopers Program brings together individual strength and team unity. While each athlete competes individually, they also train and perform as a group, supporting and encouraging one another along the way. The team follows the CanGym program and trains twice a week in a competitive recreational setting. Through their training, athletes build confidence, teamwork, and dedication while continuing to develop their skills

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SYLVIA P

THANK YOU



A word from the AGF CEO



Wow! It's hard to believe it's already Gymfest time again. Gymfest is one of the most fun events of the year—full of beautiful artistry, phenomenal talent, abundant joy, and so many smiles from everyone involved. This year's performances are sure to be incredible!

We are so proud to bring this event to life each year, and we deeply appreciate the dedication and hard work of our athletes, coaches, and volunteers who make it possible. We're especially grateful to share this celebration with our amazing family and friends.

We couldn't do it without all of you—so as you sit back, relax, and enjoy the show, please take a moment to give yourselves a well-deserved round of applause.

Now... let yourself be transported through the Eras!

Robin McDougall

TRUE SPORT

These athletes were nominated by their team as exemplifying the following True Sport principles: Go For It; Play Fair; Respect Others; Keep it Fun; Stay Healthy; Include Everyone; and Give Back.

Olivia Hanishewski – Calgary Acro

Ivy Bohn – Phoenix Gymnastics

Delaney Blair-Halmazna – Rhythmics West

Evette Proulx – Troopers SR

Wren Bane – Troopers JR

Nyla Barmi – Dreams Gymnaestrada Team (BC)

Addison Charest – NEGC Cosmos

Caitlyn Bushell-Gill – Salta Gymnastics Interclub Team

Ariah Franklyn – CGC Blaze

Amelia Papich – CGC Gymnaestrada

Gigi Atkinson – CGC Phoenix

Olivia Shephard – CGC Ember

Esther Silberg – CAPTivate

Ella Adams – Spruce Grove Aerials Rec Troupe

Lexi Naeth – Acrobatic Studio

Kenzy Radford – Grande Prairie Gymnastics

Charlotte Price – Gymnation



TRUE SPORT

Olivia Hanishewski – Calgary Acro

Olivia always arrives to practise with a positive attitude and big smile. She embodies what it means to be a team player whether it be with a small or big group of athletes. She is a joy to coach and is willing to give anything a go. She is a great teammate and friend to all.

Ivy Bohn – Phoenix Gymnasitics

Ivy is always willing to try something new and encourages her pals to try new things. Ivy is sure to include everyone. Ivy enjoys a good laugh and loves to make others laugh. She is very respectful and takes charge when needed. Ivy is a joy to coach and brings joy to her classmates.

Delaney Blair-Halmazna – Rhythmic West

Delaney is a positive role model to her team mates. She always has a positive attitude and gives 100 percent. She is kind and inclusive. She is keen to try new skills and sticks with it. She is a leader within our Performance Team at Rhythmic West.



TRUE SPORT

Evette Proulx – Troopers SR

Evette comes in everyday with a smile on her face and is such a great teammate to everyone offering up hugs and support to all her teammates.

Wren Bane – Troopers JR

Wren always lifts up her teammates despite being the youngest one she comes to training ready to learn with a smile on her face and really shows her teammates how to be fearless. She is so kind to all of her teammates and is devoted to gymnastics.

Nyla Barmi – Dreams Gymnaestrada Team (BC)

Nyla works hard to improve her skills and be her best! She encourages others and is very respectful of everyone. She has developed a great, fun and enthusiastic personality. She works hard to stay healthy and loves to share with her team mates.



TRUE SPORT

Addison Charest - NEGC Cosmos

Addison truly embodies the spirit of a True Sport Athlete. She consistently goes above and beyond to support her teammates, creating a positive and encouraging environment wherever she goes. Always willing to step up, try new things, and lead by example, she demonstrates both courage and dedication in everything she does. Her positive attitude and commitment to her team never waver. She shows up ready to work hard without complaint and is always there to lift others up. Addison is a well-rounded athlete whose leadership, sportsmanship, and team spirit make her incredibly deserving of this award.

Caitlyn Bushell-Gill - Salta Gymnastics Interclub Team

Caitlyn try's hard every time she practices. She always tries to put others ahead of herself. She encourages all her team mates to have fun and do there best.



TRUE SPORT

Ariah Franklyn - CGC Blaze

Ariah earned the true sport award because of her hard working and respectful mindset while in the gym. She is always focused on Keeping it Fun, both on and off of the gym floor. She always walks into the gym with her head held high, ready to bring smiles to everyone on the team. Ariah always Respects Others by encouraging her teammates and giving full attention to coaches during demonstrations and corrections. She Includes Everyone on the team during both practice and performances. Overall, Ariah is a lovely addition to the Blaze performance team and we are all very proud of all that she does.

Amelia Papich - CGC Gymnaestrada

Always encouraging her teammates, gives corrections and helps them out. Always smiling and giving her best effort during practice. Loves performing and you can tell

TRUE SPORT

Gigi Atkinson - CGC Phoenix

Always willing to be the first to try something new. Makes sure to include and be friendly to everyone and helps to support the younger athletes on the team. Always has a smile on her face and a positive attitude.

Olivia Shephard - CGC Ember

Makes sure to encourage her teammates, always cheering them on and helping them overcome their fears. Always kind to everyone and makes sure to talk/be friends with all.

Esther Silberg - CAPTivate

Esther started gymnastics at age 69, four years ago. She trains diligently twice a week and her handstands have improved **ENORMOUSLY!** She is so welcoming and friendly. She's coachable and eager. She's strong and inspiring. The whole team loves her!



TRUE SPORT

Ella Adams – Spruce Grove Aerials Rec Troupe

Ella works incredibly hard on her technique and is excellent at learning and helping others with choreography. She encourages others on the team and makes sure to have fun at every practice. Her enthusiasm is contagious and the entire team benefits from her positive attitude and leadership.

Lexi Naeth – Acrobatic Studio

Lexi brings a positive, all-in attitude to every practice—giving her best, supporting teammates, and always keeping things fun while playing fair. She shows respect, includes everyone, takes care of her health, and looks for ways to give back and lift others up in the gym.

TRUE SPORT

Kenzy Radford - Grande Prairie Gymnastics

Kenzy leads with inclusion, always making sure every athlete feels part of the group—whether it's during practice or in conversations outside the gym. Her awareness of others and willingness to reach out shows a genuine commitment to building a supportive team environment. She demonstrates respect in the way she interacts with both her teammates and coaches, valuing each person's role and treating everyone with kindness and consideration. This creates a culture of trust and positivity around her. Kenzy also reflects the spirit of fair play through her attitude—she approaches her training with honesty, integrity, and a strong work ethic, focusing on growth and doing things the right way. Above all, she brings fun into the gym. She works hard and stays focused on improving her skills, but never loses sight of the joy in the process. Her energy is contagious, helping lift those around her and making the environment one where athletes can thrive. Kenzy is the kind of athlete who makes sport better for everyone simply by being herself.

Charlotte Price - Gymnation (Dreams Gymnastics Academy)

As a team alumni Charlotte first joined Gymnation in 2023 building towards our National Team. Charlotte is always willing to try new skills and new partnerships and brings a quiet enthusiasm to training and always with a positive attitude

**Join us next year
in Edmonton!**

Gymfest 2027

**April 30 - May 2
Saville Centre
Edmonton, Alberta**

