



SEPTEMBER/OCTOBER 2023

THE ZONE

FAMILY NEWSLETTER

What's Happening.....



FALL INTO FUN & FITNESS AT DYNAMYX

Leaves are turning colour and starting to fall! This is a great time to start planning indoor activities. Dynamyx is offering Fall Session gymnastics classes for all ages and abilities! Classes just started two weeks ago so there is still time to add a sibling, or tell a friend! Classes are pro-rated for late subscribers. Fall Session runs until mid December.

We will also be offering some PD Day camps and will announce those soon!

So you think you are too old for gymnastics. Not with CAPTivate!

They have partnered with us to offer adult classes on Tuesday evenings. Come and join the fun and get fit!

Don't forget we still have some amazing activities in June as we wrap up our final KIDS NIGHT OUT and Friday Drop-ins!

We are excited to announce we were successful in receiving the following grants.

We want to take this opportunity to THANK all our DGC families, supporters, donors and staff that made this events a success!



Meet the Coaches

September 25 to 30th
Last 5 minutes of each class

FALL PARENT & TOT OPEN GYM

EVERY FRIDAY 12 - 1 PM

\$10 per visit

NEW! 10-PASS only \$85

110-175 Carleton Drive St. Albert 780-458-3153

DGC Dynamyx GYMNASTICS CLUB

Teen OPEN GYM

Fridays from 7:00 to 9:00 pm
\$20/participant

Register Here!

DGC Dynamyx GYMNASTICS CLUB

September 30th

HONOUR THE DAY

aptn NATIONAL DAY for Truth and Reconciliation

FALL FAMILY OPEN GYM

2nd Saturday of the month STARTING October 2023 6:30 to 8 pm

PRE-REGISTER NOW \$15/participant

DGC Dynamyx GYMNASTICS CLUB

Book your next birthday party at Dynamyx

75 MINUTES ON THE FLOOR AND 45 MINUTES IN AVAILABLE ROOMS
EXTRAS - BOUNCY CASTLE - \$30 NERF PARTY \$60 CALL FOR MORE INFORMATION



Fall Bookings now available! Great prices starting at \$209



NO CLASSES REMINDER

FALL SESSION

Thanksgiving - October 8-9th
Remembrance Day - Nov 11th



HOW TO CONNECT WITH US



780-458-3153



ask.dgc@shaw.ca



110, 175 Carleton Drive
St. Albert, AB



dynamyx.uplifterinc.com





EVERY 4TH SATURDAY OF THE MONTH!
SEPT 23TH OCT 28TH
NOV 25TH DEC 16TH

KIDS NIGHT
OUT
IS BACK!

OPEN GYM TIME * PIZZA PARTY * MOVIE

ASK ABOUT
OUR FALL
AVAILABILITY

FALL
FIELD
TRIPS

DGC
Dynamyx

STARTING AT \$150

AM & PM TIMES AVAILABLE ON
THURSDAY & FRIDAY

Our Proud
SPONSOR



FALL OFFICE HOURS

September 10th until December 16th

Monday to Friday - 9 am to 7:30 pm

Saturdays - 9:30am to 2 pm

Sundays & Holidays - CLOSED

****SUBJECT TO CHANGE WITHOUT NOTICE**

PROGRAMS YOU DIDN'T KNOW WE OFFERED!

DGC
Dynamyx

CHECK THIS OUT

Offered every session!
Contact us to create your own group time!
Minimum of 4 participants

Homeschool Classes

Contact Us 780-458-3153

I CAN GYMNASTICS



I Can gymnastics is a gymnastics program offered to children and adults with special needs. It is a structured program for individuals with a variety of needs and abilities. We use a variety of equipment and resources to meet the needs of the individuals.



DISCOVERY KIDS - SUNDAYS

(A PARENT OR AID MUST ACCOMPANY PARTICIPANTS)

3-5 YEARS 9:30-10:30

6 YRS + 11:00-12:00

EVOLUTION KIDS

(COACH RECOMMENDED)

TUESDAYS 5:30-6:30

DGC
Dynamyx
DYNAMYX CLUB



FALL FUNDRAISERS

We are using a new platform this year so you can see all our fundraising activities in one location!
Check out:

trellis



CURRENT FUNDRAISERS

50/50 Raffle - Ticket sales end 30Nov 2023

DGC Prize Raffle - Ticket sales end 30Nov 2023

Salisbury Gift cards sales - Sales close 12Nov 2023

Pointsettia Plants Fundraiser! - TBA

We have TRELLIS set up to support our Comp Families that assist in helping with fundraiser sales throughout the year! PERSONALIZED QR CODES can be found in house and on our website!



KIDS AUTUMN RIDDLES!

Q1: How do you fix a flat pumpkin?

Q2: How does an elephant get out of a tree?

Q3: Why did the scarecrow win the Nobel Prize?

(see below and turn page for answers)

A3: Because he was out-standing in his field.

A2: It sits on a leaf and waits until autumn.

A1: With a pumpkin patch.

KIDS AUTUMN RIDDLES ANSWERS!

Name: _____

Date: _____

Autumn Word Search



X O R F M Y S D C P I N E C O N E C O O L B
G N H S E U C C Y H S R N R A I N C O A T L
F K T V A I J Z V D A F U I B I Y T K S C W
F T H A N K S G I V I N G Y U V Y W S U H Q
N D U S B R D C Y I R K G J L B K P Q E E X
O Y E L L O W M T M O U H E X E S I U Y S N
V K B P K Q B U S Q U I R R E L A J A G T V
E X Y C W I L M K A O Q Q I Y V Y F S O N U
M J H A L L O W E E N J O S P Y H L H C U H
B D H A R V E S T L P F V F A L L R D T T A
E D U Q Z P P V U P W P V O R A N G E O S Y
R Q N T S E P T E M B E R K N I B K V B P S
R L I F L T W P O U U A Q Y J G F V H E U T
A X C E G A U R W G A R E A W Z D I H R M A
N C I O N O D D F I S S J C P G O E S M P C
W N O H R D X T W Y X M O L Z P V D C F K K
T V X R G N P S E A S O N O B Y L E C C I I
S Q C T N L T E L Z L G C O I D Z E U L N R

PUMPKIN
COOL
ORANGE
OCTOBER
YELLOW
NOVEMBER

ACORN
SEASON
CHESTNUTS
PINE CONE
LEAF
APPLE

SQUIRREL
HALLOWEEN
SQUASH
PEARS
THANKSGIVING
CORN

HAYSTACK
FALL
RAINCOAT
HARVEST
SEPTEMBER
CHANGE