

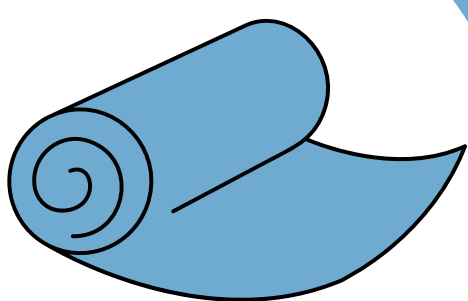
PGFSC

SUMMER 2024

NEED TO KNOW INFO!

Dress Code

Athletic
Warm
Layered
NO HOODS!
NOTHING BAGGY!



Dryland

Location: Heather Park Blacktop or Elksentre hallway
Equipment: running shoes, yoga mat, water, weather appropriate clothing, and sunscreen!

Theme Days

Wednesdays: dress in theme!

July 3 - Green

Aug 7 - Red

July 10 - Pink

Aug 14 - Yellow

July 17 - Orange

July 24 - Blue

July 31 - Purple



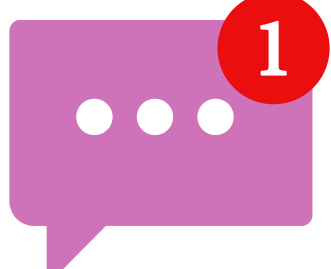
Ballet

Location: Connaught Youth Centre Gymnasium

Included for all Star 2 and up participants on the weeks they're registered

Can't Make it?

Let Coach Jenn know as soon as possible. Note - sessions are non-transferrable unless requested more than 48 hours in advance



Contact Us!

Coach Jenn: 250-640-9842
PGFSC: pgfsc@telus.net