

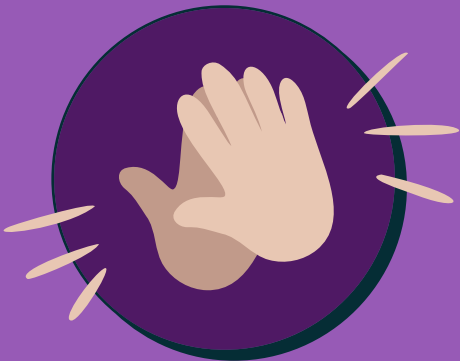


GYMNAS TICS

Skills for Life

At FCGC gymnastics we provide opportunities to develop as a whole person by working on the physical, mental, social and emotional skills that assist us in achieving our best life. We celebrate individuality every day and believe that growth is a journey that continues throughout our life. We value fun knowing that enjoying what we do and working together as a team makes the good times better and challenges easier to overcome. We practice gratefulness and value the benefits that being grateful can bring to our lives.

OUR VALUES



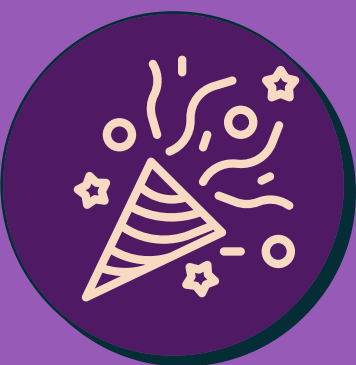
Together as a Team

At FCGC we believe team work makes the dream work. We help each other to achieve our goals, we build each other up with positive engagement, trust, and communication. Working together helps everyone and requires us to embrace our individual strengths and weaknesses and acknowledge the different experiences that form our team.



Growth as our Goal

At FCGC we know our mindset is a powerful factor in how we learn, and we don't place any preconceived limits on potential. Having a growth mindset helps us to build resiliency and achieve our goals, through ups and downs, and helps us develop as a whole person. Growth as our Goal means we believe in lifelong learning and our aim is to support you on your journey.



Fanatical about Fun

At FCGC having fun helps us to bond, brings us together, and aids in our learning. Learning through engaging, creativity, games, laughing, being with friends and trying new things are all ways to have fun. Fanatical about Fun is an important part of our everyday life, both in and out of the gym.



Passionate about People

At FCGC our people matter, and we care and provide support based on their needs. We believe everyone is unique and should be valued and treated fairly. Recognizing and celebrating our differences, goals, successes and struggles helps us to become healthy individuals.



Grounded in Gratitude

At FCGC it's the small steps we take every day that make the big differences in the end, and we celebrate each step in the journey. We believe gratitude is something we should practice in our everyday life. Grounded in Gratitude is an opportunity to reflect and be thankful for all we have.