



A GYMBLAST is...

...a jam-packed, fun-filled, 2 hour, morning or afternoon assembly for your student body. The assembly games are primarily geared for students in grades 7-12. As a result of this event, school spirit is developed. We work with the student leadership of your school to help develop them as leaders. They are the keys to a successful event! Each event is designed for fun and team co-operation. Scores are kept for each event for motivational purposes but we strongly emphasize that winning isn't the most important thing.

"Play hard... Play fair... Play safe"

Gymblast® will enhance your...

- School spirit
- Student leadership
- Atmosphere of co-operation and teamwork

We will provide...

- the equipment
- the expertise
- the excitement

...all to give your school a quality, action-packed assembly event!!



Gymblast is a trademark program of Saskatoon Youth for Christ and has also been operating from Brandon YFC for several years. It is a new program of Stonewall YFC and will provide service to the Interlake and beyond. Our goal is to provide opportunities for partnership and to strengthen connections in local communities throughout Manitoba.

Please check out our links

**www.yfcstonewall.com
www.gymblast.com**



Below are some e-mailed comments, if you'd like to see reference letters they can be found on the website

Riverheights

Gym Blast is a well organized, fun activity. It has enjoyable activities for everyone, and is enticing enough to attract the attention and participation of all students. We felt the Gym Blast was presented well, and look forward to future events with Gym Blast.

Meadows

I can hardly begin to tell you how much fun our students had at the Gymblast last Thursday. If it were to be described in one word it would be "awesome". That is the word our student repeated over and over. Your crew was well-organized and "pumped-up" and they had the full attention of all our 200+ students. Teachers were a little hesitant going into it, but they also had a great afternoon.

Heyes School

Both classes from Heyes School really enjoyed the Gym Blast. I was really impressed with how well it was organized and how well-prepared the leaders were. They handled a large group of students very capably.

The following are student comments:

"It's cool the way they make the games."

"They're very good social people."

"The music was good."

"It was great!"

"They know how to get a kid's attention."

"It doesn't take long to set up the games so there is never waiting time."

Thank you



Sample Agenda:

Challenges: (subject to change)

1. Pirates Cove (whole team)
2. Magic Carpet (whole team)
3. Cheering contest (whole team)
4. Donut Holes (whole team)
5. Airball Express (whole team))
6. Cabbage Roll Crunch (24 people)
7. Cross Back (whole team)
8. Balzak Bash (whole team)
9. Chariot Challenge (whole team)
10. Smooshies (20 people)
11. Pop It! (whole team)
12. Tube Drop (whole team)
13. Black Hole (whole team)
14. 4-way Tug of War (whole team)

GYMBLAST

>Price:

- 0-80 students **\$225/Blast**
- 81-150 students **\$275/Blast**
- 151-199 students **\$325/Blast**

>Mileage (\$0.40/km) to above cost



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