

**For Immediate Release**

## **Former Mickey MacDougall Recreation Centre Reopens Today Following Major Energy Upgrades**

**CITY OF NORTH VANCOUVER, BC – June 23, 2026** Today a newly renovated and reimagined Mickey MacDougall facility was opened following the completion of extensive energy upgrades and renovations including a modernized, purpose-built gymnastics training space, a new public entrance, upgraded mechanical systems, and enhanced energy efficiency measures.

Mayor Linda Buchanan noted, “This project is a powerful example of what can be achieved when we invest in the livability of our communities while taking meaningful action to advance our climate goals. I am especially excited that this facility will serve as the long-term home of Flicka Gymnastics. Since 1962, Flicka has been an integral part of our community helping generations develop confidence, resilience, and a lifelong love of sport.”

Buchanan continued, “This upgraded facility ensures that Flicka Gymnastics can continue its remarkable legacy, providing a welcoming and inspiring place for children, athletes and families for decades to come. We are proud to support a new home where gymnastics will remain a vibrant, and foundational, part of our community.”

Renovations began in 2025 after the facility received \$2.2 million in funding through the Government of Canada’s Green and Inclusive Community Buildings (GICB) program in August 2022. This investment along with capital funding of \$2.7 million from the City and \$1.3 million of funding from Flicka Gymnastics supported a comprehensive retrofit of the facility to accommodate its new tenant and to enhance the building’s overall sustainability and functionality.

“Community spaces like Mickey MacDougall Community Recreation Centre bring people together, and these upgrades will ensure the facility can serve residents for years to come,” said the Honourable Gregor Robertson, Minister of Housing and Infrastructure and Minister responsible for Pacific Economic Development Canada. “Through the Green and Inclusive Community Buildings program, we’re proud to support a more energy-efficient, accessible, and welcoming home for the neighbourhood and the Flicka Gymnastics Club.

The GICB program aims to create climate-resilient and accessible community spaces that reduce greenhouse gas emissions and support the transition to net-zero building standards.

Longtime North Shore organization, Flicka Gymnastics Club, will relocate to the newly renovated Mickey MacDougall facility, transitioning operations from its previous home at the

former Harry Jerome Community Recreation Centre. This move marks an exciting new chapter for the club and its athletes.

“Flicka Gymnastics is proud to move forward with the City of North Vancouver, having successfully completed the renovations and upgrades to the Mickey McDougall Community Recreation Centre,” said Marina Ricci, Club Director of Flicka Gymnastics Club.

Ricci continued, “The transformed facility now provides a purpose-built home for gymnastics in North Vancouver, supporting physical literacy, healthy living, and athletic development for participants ranging from introductory recreation to high-performance sport. The facility also supports employment opportunities for youth and adults and contributes economic value through classes, camps, and events hosted on the North Shore.”

Founded in 1962 by Canadian Olympic gymnast Louise Parker, Flicka Gymnastics is a non-profit dedicated to developing gymnasts of all levels, from recreational members to high-performance athletes. As mentioned previously, the organization was a longtime tenant at the former Harry Jerome Community Recreation Centre since 1999 and has played a key role in fostering community connection and athletic distinction on the North Shore.

Flicka Gymnastics’ history of excellence reach provincial, national, and international levels with past Olympians including Scott Morgan who represented Canada at the 2016 Rio Olympic Games, Brittany Rogers at the 2012 London Olympic Games and 2016 Rio Olympic Games, and Shallon Olsen, who recently represented Canada at the Tokyo 2020 and Paris 2024 Olympic Games.

Flicka Gymnastics is dedicated to nurturing athletes of all abilities and ages. Offerings include recreational to competitive programs, along with kindergym for young children and thoughtfully-designed classes for children with autism spectrum disorder (ASD). The ASD-focused classes are taught by staff trained by the Canucks Autism Network (CAN).

The reopening of the Mickey McDougall Community Recreation Centre is part of a broader transformation of recreation infrastructure in the area. As the original Harry Jerome Community Recreation Centre is decommissioned, the new Harry Jerome Community Recreation Centre is scheduled to open in late July. The City will also welcome the new [Silver Harbour Seniors’ Activity Centre](#), alongside the [North Vancouver Lawn Bowling Clubhouse and Greens](#).

Together, these new and revitalized facilities will create a vibrant, accessible, and intergenerational recreation hub, reinforcing the City’s commitment to inclusive and community-focused spaces.

For more information about Flicka Gymnastics Club and the Mickey McDougall Community Recreation Centre, visit:

[cnv.org/City-Hall/About/Capital-Projects/Flicka-Gymnastics](https://cnv.org/City-Hall/About/Capital-Projects/Flicka-Gymnastics)

For updates on the new Harry Jerome Community Recreation Centre, visit:  
[cnv.org/hjrc](http://cnv.org/hjrc)

Media Contact:  
media@cnv.org  
778-554-9716



Canada