



1st Golden Age Gym Festival 2005
November, 20th – 25th 2005 Maspalomas, Spain



Bulletin No. 2

Comite Organizador 1st Golden Age Gym Festival 2005
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Dear **1st Golden Age Gym Festival 2005** participants!

The Organisation Committee welcomes you to Maspalomas, Gran Canaria in Spain. 22 European countries, 52 teams and over 1100 gymnasts are pre-registered. We are very excited and will offer you a festival to remember. Such a big event requires good organisation and therefore we need your help. We ask you to please:

- Read through the Bulletin carefully. Fill in the registration form in detail and inform us about your group's exact arrival and departure dates, times and places.
- Send this registration form until 1st October 2005 to the OC **1st Golden Age Gym Festival 2005** or via the respective UEG member federation including the copy of the bank receipt of the total amount invoiced.

OC contact address:
Comite Organizador
1st Golden Age Gym Festival 2005
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Bank address: Jose Mesa y Lopez, 15;
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SWIFT-code: CECAESMMO52
To the account of: C.D. BLUME – GRAN CANARIA
IBAN: ES15 2052 8056 0823 1018 8300
Transfer mode: charges OUR

Conditions of participation

- The 1st Golden Age Gym Festival 2005 is a meeting for the 50plus age group offering a wide range of sports, social and cultural activities.
- Gymnasts from groups or clubs belonging to the UEG member federations are eligible for participation.
- Participation requires the agreement of the national federation, which is also responsible for the final registration of groups from their country to the OC Golden Age 2005.
- If a UEG member federation is not active, groups can send their final registration straight to the OC Golden Age 2005, but they shall inform their national federation.
- All groups are expected to take an active part in the programme and shape the week's events by contributing with their own performances and in cultural events.
- All groups are represented by their group leaders during the entire stay.

Registration Procedure

Each group should use the enclosed registration form to register. The participants list and lists information on the entire group, has to be filled in completely and be sent together with the registration form to the OC 1st Golden Age Gym Festival 2005 before October, 1st 2005.

The number of participants may only be changed until this deadline.

Performances

The registered groups will perform twice during **the 1st Golden Age Gym Festival 2005**.

These performances will happen everyday late in the afternoon (19:30H). The group performances should last a maximum of 10 to 15 minutes each, including time for preparing the stage. Sound equipment, including a microphone and CD and cassette players, will be provided on both areas.

As announced before the performance areas are:

- “Centro Comercial Jumbo”: Shopping Centre in Playa del Ingles,
size 14 m x 14m
Characteristics: floor level: 1,70m (stage)
gym floor 12 m x 12 m on wooden floor
audience: 1 front side exclusive
- “Plaza Maspalomas”: Shopping Centre in Playa del Ingles,
size 12 m x 18 m
Characteristics: floor level: 0 m (ground floor)
gym floor 12 m x 12 m on stone floor
audience: 4 front side

Programme

The programme for the 1st Golden Age Gym Festival 2005 Maspalomas, Gran Canaria is as follows:

Day	Date	Time	Programme Activity	Location
Saturday	19.11.2005	17:00	Meeting of OC + CGG UEG	Hotel Beverly Park
			Arrival of participants	Airport
Sunday	20.11.2005	17:00	Meeting of Group leaders	Hotel Beverly Park
		18:00	Preparation parade	Street Avda EEUU
		19:00	Start of the parade	Street Avda EEUU
		20:00	Opening Celebrations of 1st Golden Age	CC Jumbo
Monday	21.11.2005	09:00 - 10:45	Workshops A	Pol. San Fernando
		10:45 - 11:15	Meeting of Delegation leaders	Pol. San Fernando
		11:15 - 13:00	Workshops B	Pol. San Fernando
		16:00 - 18:00	Leisure activities; Beach walk	Red Cross Playa del Ingles
		19:30	Group Presentations	Plaza de Maspalomas
		19:30	Group Presentations	CC Jumbo
Tuesday	22.11.2005	09:00 - 10:45	Workshops A	Pol. San Fernando
		10:45 - 11:15	Meeting of Delegation leaders	Pol. San Fernando
		11:15 - 13:00	Workshops B	Pol. San Fernando
		16:00 - 18:00	Leisure activities; Beach walk	Red Cross Playa del Ingles
		19:30	Group Presentations	Plaza de Maspalomas
		19:30	Group Presentations	CC Jumbo
Wednesday	23.11.2005	09:00 - 10:45	Workshops A	Pol. San Fernando
		10:45 - 11:15	Meeting of Delegation leaders	Pol. San Fernando
		11:15 - 13:00	Workshops B	Pol. San Fernando
		16:00 - 18:00	Leisure activities; Beach walk	Red Cross Playa del Ingles
		19:30	Group Presentations	Plaza de Maspalomas
		19:30	Group Presentations	CC Jumbo
Thursday	24.11.2005	09:00 - 10:45	Workshops A	Pol. San Fernando
		10:45 - 11:15	Meeting of Delegation leaders	Pol. San Fernando
		11:15 - 13:00	Workshops B	Pol. San Fernando
		16:00 - 18:00	Leisure activities; Beach walk	Red Cross Playa del Ingles
		19:30	Group Presentations	Plaza de Maspalomas
		19:30	Group Presentations	CC Jumbo
Friday	25.11.2005	09:00 - 10:45	Workshops A	Pol. San Fernando
		10:45 - 11:15	Meeting of Delegation leaders	Pol. San Fernando
		11:15 - 13:00	Workshops B	Pol. San Fernando
		14:30	Rehearsal Closing Ceremony	CC Jumbo
		19:30	Closing Ceremony	CC Jumbo
		21:00	Final party for all participants	CC Jumbo
Saturday	26.11.2005		Return of participants	Airport

Workshops

The participants have the opportunity to experience gym-related activities and others. These activities happen in the morning. Every group will be scheduled for one workshop session a day. The workshops will be happening mainly in the area of the sports hall San Fernando. The local transports included in the participant card, will be ready to move all workshop participants from their hotels (official ones) to San Fernando and back. In the forms you can find a list of workshops and all groups are asked to point out their preferences (1 to 4). When scheduling the workshops the OC will try to include at least one of the chosen workshops.

Workshop Code	Workshop	Language
WS 01	Pilates New Gym views or well known gymnastics with modifications? The combination activities for reinforcing with effective body exercises are been learned in coordination with the corporal centre axle.	English / Spanish
WS 02	Fitness Aquagym light exercises for the fitness in water environment	English / Spanish
WS 03	Aqua Power healthy power in water environment	English / Spanish
WS 04	Folclore Canary Islands Local dance & Folklore.	English / Spanish
WS 05	Chi – Ball Wellness Balanced and fit with the Chi-Ball method. A new corporal sensation with harmonic movements. Theoretical introduction and the practical movements with Chi-Ball are relevant.	English / German
WS 06	Modern Dance Introduction in the modern dances	English / Spanish
WS 07	FFF; Fit, Fun & Fifty Start to identify yourself! With simple things to Fitness & Fantasy. The sports health concept applied for conditioned based body behaviour.	English / Spanish
WS 08	Latin Aerobic Fit 4ever	English / Spanish
WS 09	Games Learning actively together group and new games, activating the unified sense between the participants.	English / Spanish
WS 10	Sports and exercise for seniors Gym activities together with Danish team	English / Spanish
WS 11	Happy Gym Movement, Health & Fitness for the club with coordination and flexibility activities, combined with dance and folklore.	English / Spanish
WS 12	Nordic Walking Northern inspired walking training	English / Spanish
WS 13	Medicina I / Lecture f.ex. cardiovascular diseases, menopause, rheumatic diseases, ageing, alternative medicines	English / Portuguese
WS 14	Medicina II Teaching of different physical exercises that can be done at home.	English / Portuguese
WS 15	Gran SPA Corallium SPA provide de-stress, fitness, vitality & anti-age treatments with the possibility to apply it in a natural environment	English / Spanish
WS 16	Talasoterapia Health & Wellness activities oriented to the salt water environment	English / Spanish
WS 17	Funny Fitness Test Non regulated Testing methods for your health care in a funny way	English / German
WS 18	Body Expression Teaching of different expressions using the body	English / Spanish
WS 19	Tai Chi Chuan Oriental view and relax for gymnastics	English / German
WS 20	Active Relaxation Relax for the body in an active way	English / German

Leisure activities

During the week of the **1st Golden Age Gym Festival 2005** the afternoons can be filled with some leisure activities organised by the OC. The choices are a nature walk along the beach of Playa del Ingles, Nordic walking and games at the beach.

Voluntary Cultural activities included in the participation fee and are open to all the participants.

Cultural activities (16:00 - 18:00)	Date
Nature walk Playa del Ingles (3 km) slow walk starting in Playa del Ingles (at Red Cross House) till Maspalomas and back, making stops with exercises or recovery	21.11.
Nordic walking (2 km) walk starting in Hotel Parque Tropical till Playa del Ingles going along the promenade	22.11.
Games at the beach beach volleyball in Playa del Ingles, games with the presented teams. Starting point: Hotel Beverly Park	23. & 24.11.

Excursions

The afternoons can also be used to better know the island of Gran Canaria. To comply with this the OC established some partnerships that provide all participants different excursions possibilities.

The island of Gran Canaria not only shows the beach of Playa del Ingles or the highway from the airport to Maspalomas - but also pine-forest, beautiful mountains, valleys and lakes, museums, too. The excursions can be ordered by the participants under point 7.

The price table for the excursions are shown as follows:

Price-table Sports festival Tours (per Person)

Code	Tour	Day	Departure	Group 6 - 10 Per.	Group 11 - 30 Per.	Group 31 -55 Per.
E 01	Isle	daily	09.00	22 €	15 €	12 €
E 02	Panorama	daily	09.00	18 €	12 €	10 €
E 03	Guanchen	daily	09.00	18 €	12 €	10 €
E 04	Las Palmas	daily	09.00	15 €	11 €	9 €
E 05	Market S. Mateo	Sunday	09.00	18 €	12 €	10 €
E 06	Museo Canario	daily	09.00	22 €	18 €	15 €
E 07	Museo Colon	daily	09.00	22 €	18 €	15 €
E 08	Museo Nestor	daily	09.00	22 €	18 €	15 €

The Sports festival Tours will be organised by a travel bus. The participation of a tour guide with knowledge of languages (English, German) is possible for the daily price of 120 €. The tour-stops will be co-ordinated with the leader of the gym-group. The bus-driver will stop at the site-seeing points, lunch-time, etc. The groups will be picked up at 9.00 hour at the hotel and will be back at app. 17.00 hour. With the exception of the excursion to the market San Mateo, the Sports festival -Tours can be reserved on every optional day.

Excursion possibilities are:

Excursion Code	Excursion
E 01	Isle-Tour We start in the west coast of the Isle, so that we can look the vibrant metropolis of the island, LAS PALMAS, following the northern part of the island and finalising in „little Venice“ at the harbour of Puerto de Mogan
E 02	Panorama-Tour A real treat for each mountains- and nature fan, because the tour leads us through the nicest lake- and mountains landscape of Gran Canaria.
E 03	Guanchen-Tour Fataga, a typical village of Gran Canaria enclosed in fruit-trees, following San Bartolome de Tirajana, the administrative capital of the touristical metropolis surrounded by high mountains. Santa Lucia leads us to a green sea of palms and Agüimes, one of the oldest sites of the island, we arrive the caves of Guayadeque.
E 04	Las Palmas The capital of the island begins with the great Atlantic port, „Puerto de la Luz“. The little castle de la Luz was the first defence against pirates and build in the old Spanish stile of the 15th century. Afterwards we visit the old town of Las Palmas, Vegueta, including the cathedral Santa Ana and the pedestrian and shopping Centre, Triana,.
E 05	Market place San Mateo It is the greatest rural market of Gran Canaria with great tradition. See the „canarios“ by haggling about cattle and fruits and enjoy the day with a „copa“ (drink) and a „tapa“ (snack). Afterwards we visit the cathedral of Teror which reminds the appearance of the Madonna on a pine on the 8th, September 1481
E 06	Canary Museum, Las Palmas de Gran Canaria It is the greatest historical research of the aborigines of the Canary Islands, showing special expositions during the year. The museum has a centre of documentation, hall of expositions, bibliotheca, archive, video theca and pedagogical department. Opening time: daily from 10:00 till 20:00, Saturday from 10:00 till 14:00. Sundays closed
E 07	Casa Museum Columbus, Las Palmas de Gran Canaria Initial residence of the Spanish representatives. The visit is interesting because of the view of the canaries architecture and second because of his unique research of information about the time period of the discoveries. Opening time: daily from 09:00 till 19:00, Saturday from 09:00 till 15:00. Sundays closed
E 08	Casa Museum Nestor, Las Palmas de Gran Canaria Nestor Martin Fernandez de la Torre (1888 – 1938) is one of the most representative artists of the Canary Islands. In the museum you will be introduced in the illustrations and paintings specially from the roots of the Atlantic ocean that are presented in chronological way. Opening time: daily from 10:00 till 13:00 and from 16:00 till 20:00. Sundays closed

Accommodation & Catering

Official Accommodation:

The OC is offering several kinds of pass for group members, attendants and delegation leaders. The OC 1st Golden Age Gym Festival Maspalomas 2005 recommend the reasonable offer at

Hotel ***BEVERLY PARK (H-3; Pass 3) for

6 nights full board (breakfast, lunch and dinner) in a double room & 1 supplementary bed for 265 €, inclusive the Festival fee and transport (accommodation only 200 €).

Our experience has proven that the gym groups prefer to order half board. The main meal in the evening is approx. at 18:30 till 21:30. It is also possible to opt for the meal approx. at 13:00 till 14:30. The team leader shall inform the reception one day before.

If the groups register for Pass 2 or 3 (Bungalows or Hotels) the meals include breakfast, lunch and dinner from **dinner** on Sunday 20th until breakfast on Saturday 26th November 2005. Meals are served in the groups' bungalow or hotel.

The hotel accommodations are in double room & supplementary bed for 3 gymnasts (H-3). Because of the limited number of places, reservations for hotel rooms will be taken in order of registration.

The bungalow ****Green Sea** is considering the accommodation of 5 gymnasts (B-5) and is placed approx. 500 m away from Hotel Beverly Park and 300 m from the beach. Because of the limited number of places, reservations for bungalows will be taken in order of registration.

The main accommodation options are:

Hotel	H-3/F	Hotel Beverly Park	Double room & 1 bed	Full board
Bungalow	B-5/F	Bungalow Green Sea	5 persons	Full board

Pass	Type	Accommodation	Half Board / Full Board	Cost per person (6 nights)	Extra night per person
1	-	none	---	65,00 €	
2	B-5/F B-4/F B-3/F B-2/F	Bungalows Green Sea 5 pax 4 pax 3 pax 2 pax	Full Board	. 200,00 € 235,00 € 265,00 € 295,00 €	. 23,00 € 28,00 € 33,00 € 38,00 €
3	H-3/F H-2/F H-1/F	Hotel Beverly Park Triple room Double room Single room	Full Board	. 265,00 € 287,00 € 335,00 €	. 33,00 € 37,00 € 45,00 €
3	H-3/H H-2/H H-1/H	Hotel Beverly Park Triple room Double room Single room	Half Board	. 203,00 € 227,00 € 275,00 €	. 23,00 € 27,00 € 35,00 €

Other Hotel Accommodation

The OC 1st Golden Age Gym Festival Maspalomas 2005 is offering other alternative accommodation:

***IFA Hotel Continental is distinguished for the excellent meals and enough place in the rooms, placed in the nearest of Hotel Beverly Park.

****Hotel Lucana is a nice hotel with good service placed in the nearest of Hotel Beverly Park.

***Hotel IFA Beach placed directly at the beach with special accommodation for disability gymnasts with garden. The connection to the Hotel Beverly Park is along the beach promenade (approx. 2,5 km) or with bus (approx. 5 minutes).

The other options for accommodation are listed as follows:

Pass	Type	Accommodation	Half Board / Full Board	Cost per person (6 nights)	Extra night per person
3	HC-3/H HC-2/H HC-1/H	Hotel Continental	Half Board	.	.
		Triple room		305,00 €	40,00 €
		Double room		335,00 €	45,00 €
		Single room		478,00 €	69,00 €
3	HL-3/F HL-2/F HL-1/F	Hotel Lucana	Full Board	.	.
		Triple room		395,00 €	55,00 €
		Double room		425,00 €	60,00 €
		Single room		485,00 €	70,00 €
3	HL-3/H HL-2/H HL-1/H	Hotel Lucana	Half Board	.	.
		Triple room		335,00 €	45,00 €
		Double room		365,00 €	50,00 €
		Single room		425,00 €	60,00 €
3	HB-3/H HB-2/H HB-1/H	Hotel IFA Beach	Half Board	.	.
		Triple room		360,00 €	49,00 €
		Double room		395,00 €	54,00 €
		Single room		535,00 €	78,00 €

Flights

The OC 1st Golden Age Gym Festival 2005 is offering flights from German airports for reasonable prices. The team shall organize the bus transport to and from the German airport. The name of the team members is to be completed in 8.

Additional airport possibilities are Basel, Salzburg, Vienna, Graz and Luxemburg that can be asked if required. This subject will be dealt with directly with the interested groups.

The offers can be confirmed till July 2005 when the flight companies finish the schedule, in

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Transfer

The arrival of the groups in Gran Canaria will be at the airport Gando / Las Palmas. It is located approximately 25 km away from the official accommodation in Hotel Beverly Park in Maspalomas. The OC 1st Golden Age Gym Festival 2005 offers by arrival the transfer from the airport to the accommodation and by departure the transfer from the accommodation to the airport at a cost of 12 € per person. The transfers can be ordered by the teams under the chapter 2.

Health and accident insurance

All registered group members have to prove adequate coverage by a health insurance. The OC 1st Golden Age Gym Festival 2005 offers all groups an insurance at a rate of 6 € per person, covering the time of the Festival event. This will cover the time of the actual event, from 20th to 26th November including the travel to and from Gran Canaria. The insurance is restricted to costs incurred in Spain up to 2500 €. Interested groups can only apply for such insurance under chapter 8 of the Registration Form. Further details will be available in the Final Bulletin.

Golden Age T-Shirts

The organizer gives all participants the chance to order the official UEG Golden Age T-Shirt at a special price of 8 €. Interested groups can apply for the Golden Age T-Shirts under chapter 7. During the event the UEG Golden Age T-Shirt will be sold at a price of 10 €.

Official contact address

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European Union of Gymnastics / Union Européenne de Gymnastique

Local organisers

Asociacion Deportiva BLUME – GRAN CANARIA

Partners

Gobierno Autónomo de Canarias
Cabildo Insular de Gran Canaria
Ayuntamiento de San Bartolomé de Tirajana
Real Federacion Española de Gimnasia
Federación Canaria de Gimnasia

Responsible for 1st GOLDEN AGE GYM FESTIVAL on behalf of C GG/UEG

Rogério Valério

Organising committee 1st GOLDEN AGE GYM FESTIVAL 2005

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Vice-president	Amado Ramos Perez
Vice-president	Carlos Gutierrez Salgado
Vice-president	Sara Rodríguez Darias
General Secretary	Luis Carlier Vazquez
Secretary	Noelia Suarez Fernandez
Group Performances	Cornelio Ortega Martinez
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