



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



Registration form

1. General information

Name of federation

Name of group

Name, address, phone, email and fax number of the responsible group leader

Number of group members	Male	Female	Total
Responsible Leaders			
Participants			
Attendants			
Total number			

2. Arrival and departure

Arrival of the group in Gran Canaria

City	Date	Time	Flight number
Gran Canaria			

Departure of the group from Gran Canaria

City	Date	Time	Flight number
Gran Canaria			

Yes, we need a transportation airport - accommodation - airport

Arrival Date	Arrival Time	Gymnasts	Accommodation
Departure Date	Time (2 h before flight departure at the accommodation)	Gymnasts	Accommodation

The OC will provide bus transport from the airport of Gran Canaria to accommodation and return to the airport at a cost of 12 € per person.

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3. Group performances

Name of group _____

Name of group leader _____

Presentation

1. Theme: _____

2. Short Description: _____

3.1. Apparatus needed:

Equipment	Number
Floor runners (12 x 2 x 0,03 m)	
Mats (1 x 2 x 0,06 m)	
Landing mats (2 x 3 x 0,20 m)	
Mini trampoline	
Swedish box	
Vault / vaulting table	
Vaulting board	
No equipment	

4. Duration: _____ min The performance may last for a maximum of 15 minutes, incl. time for preparing equipment etc.

5. Floor area needed:

Area	
18 x 12 m	
14 x 14 m	

6. Music recorded in:

Music	
Cassette	
CD	
Mini disc	

In case of interest, Please mark in preference order (1-3) the preferred option with the priority number. The OC will try to fulfil 2 of them.

Time: 19.30

Performance area	Size	21.11	22.11	23.11	24.11
Plaza de Maspalomas Area, with equipment	18 x 12 m				
Centro Comercial Jumbo Platform, with equipment	14 x 14 m				

4. Workshops, leisure activities and excursions

4.1. Workshops

Groups can state preferences for the workshops which they would like to attend.

Please show your group preferred options with the priority number (1-4). The OC will try to fulfil 2 of them.

Workshop Code	Workshop	Language	Check your option
WS 01	Pilates New Gym views or well known gymnastics with modifications?	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 & Folclore.	English / Spanish	
WS 05	Chi – Ball Wellness Balanced and fit with the Chi-Ball method. A new corporal sensation with harmonic movements.	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 & Fantasie	English / Spanish	
WS 08	Latin Aerobic Fit 4ever	English / Spanish	
WS 09	Games Learning actively together group games	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	English / Spanish	
WS 12	Nordic Walking Northern inspired walking training	English / Spanish	
WS 13	Medicina I 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	

4.2. Leisure activities and Excursions

Cultural activities (16:00 - 18:00)	Date	Participants
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 Starting point: Hotel Beverly Park; beach volleyball in Playa del Ingles, games with the presented teams	23. & 24.11.	

4.3. Excursions

The excursions can be ordered by the participants in point 7 of this registration form 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.
4.3.1.	Isle	daily	09.00	22 €	15 €	12 €
4.3.2.	Panorama	daily	09.00	18 €	12 €	10 €
4.3.3.	Guanchen	daily	09.00	18 €	12 €	10 €
4.3.4.	Las Palmas	daily	09.00	15 €	11 €	9 €
4.3.5.	Market S. Mateo	Sunday	09.00	18 €	12 €	10 €
4.3.6.	Museo Canario	daily	09.00	22 €	18 €	15 €
4.3.7.	Museo Colon	daily	09.00	22 €	18 €	15 €
4.3.8.	Museo Nestor	daily	09.00	22 €	18 €	15 €

The excursion description is in Bulletin No 2, Point 4. available. Registrations for the excursions can also be done during the festival week in the OC office.

5. 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.

Region	German airport	Departure Date	Arrival Date	Gymnasts
South	Frankfurt			
	München			
	Nürnberg			
	Stuttgart			
West	Düsseldorf			
	Dortmund			
	Köln			
East	Leipzig			
	Berlin			
	Dresden			
North	Bremen			
	Hamburg			
	Hannover			

Additional airport possibilities are Basel, Salzburg, Vienna, Graz and Luxemburg that can be asked if required. The offers can be confirmed till July 2005 when the flight companies complete their schedule.

6. Reservation Accommodation & Catering

The groups should reserve the accommodation as soon as possible and for this purpose the OC 1st Golden Age Gym Festival Maspalomas 2005 recommend doing it till July 1st, 2005. For the reservation in the official accommodation became secure, the groups should pay the Festival fee (65,00 €) till July 1st, 2005. The remaining amount shall be paid till October 1st, 2005. If the team needs additional reservations or modifications, they should present the options before October 1st, 2005.

The groups shall ask for further information and the reservation of the accommodation in the following address:

OC 1st Golden Age Gym Festival Maspalomas 2005
Jürgen Klughammer
Amselweg, 56
D – 67 227 Frankenthal
Tel.: +49 6233 366 077
Fax: +49 6233 366 076
E-Mail: OK.BLUME@t-online.de

If your group is staying in a different accommodation then the official ones, please inform the organising committee with Hotel you are lodge. Please fill the table with your option:

7. Settlement of festival fees and other services

7.1. Transfer

Service	Number x single price	Total
OC bus transportation airport – accommodation - airportx 12 €	

7.2. T-Shirt

Service	Number x single price	Total
<i>1st Golden Age Gym Festival 2005 T-shirt</i>		
Size S x	total number → x 8 €	
Size M x		
Size L x		
Size XL x		
Size XXL x		

7.3. Insurance

Service	Number x single price	Total
Health insurancex 6 €	

7.4. Excursions

Service	Number x single price	Total
Excursion _____, Date _____		
Excursion _____, Date _____		
Excursion _____, Date _____		

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Groups that required flight & accommodation shall send the request per E-Mail or post to the OC address included in 5. and 6.

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

8. List of all group members

Please list all group members (including, attendants and participants) with their full name and date of birth. The insurance company needs to know the names of the participants who will take the health insurance provided by the OC, so please tick the Health insurance box for those participants.

Federation

Name of group

Name of group leader and e-mail address

N°	Surname, name	Date of birth	m / f	Health insurance
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				

9. Confirmation and approval of group leaders and federation

Name of group

Place, date

Legally binding signature of the group leader

Hereby the undersigned UEG member federation _____

confirms the participation of the group mentioned above in the 1st GOLDEN AGE GYM FESTIVAL 2005 and guarantees the OC an adequate health insurance coverage of all group members as well as full payment of all costs by the groups.