

# 47th International Sportsfestival General Gymnastics

## BLUME - GRAN CANARIA

Las Palmas, 24th November - 2nd December 2007

### Inscription

*including the 2nd International Gymnastics Festival 50+ (IGF 50+)*  
*including the 2nd International Gymnastics Festival 50+ (IGF 50+)*

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## 47. Internationales Sportfest „BLUME - GRAN CANARIA“

Dear sportfriends,

A vibrant city of the Canary Islands, an atlantic town more than 500 years old, Las Palmas invites you to the **47th International Sportsfestival "BLUME - GRAN CANARIA"**. The official programme of the **47th International Sportsfestival "BLUME - GRAN CANARIA"** will take place between the 24<sup>th</sup>, November and the 2<sup>nd</sup>, December 2007. Last year many international clubs participated in the biggest festival of non-competitive General Gymnastics of the Real Spanish Gymnastics Federation (R.F.E.G.) and the Spanish Association Sports for All.

Like previous festivals, we will not organise a competition, but wish only to share the message of these days of gymnastics with others: "Enjoying the fascination of gymnastics together". We would like to remind you that the temperature in Gran Canaria in winter is about 20/25 degrees. The programme includes outdoor sports activities in traditional places or beaches of Gran Canaria. This year are included the 9<sup>th</sup> Open Bridge Tournament "**IX Trofeo Open Bridge BLUME – GRAN CANARIA**" and the 8<sup>th</sup> Open Team Gymnastics Tournament "**VIII Torneo Open Team Gymnastics BLUME – GRAN CANARIA**". The official programme contents the 2<sup>nd</sup> International Gymnastics Festival 50plus (IGF 50+) with special workshops, performances and a Gala 50plus. More than 40 events and shows will take place in the villages of the island Gran Canaria: the capital Las Palmas de Gran Canaria, Maspalomas, Tafira, Telde, Arucas and Ingenio.

Are you prepared to participate this year in Las Palmas? We can apologise the preparation for your participation as follows:

1. Do you want to make gymnastics on the beach of Maspalomas or Playa del Ingles?
2. Are you an enthusiastic gym-group with fantasy?
3. Is your age between 0 and 130 years?

If your answers are positive and you think you have enough imagination to prepare two or three performances with the maximum time of 10 min, then the next step is to clarify your flight and accommodation in your travel agency.

We cordially invite all member federations of the international gymnastics family to attend the **47th International Sportsfestival "BLUME - GRAN CANARIA"**.

Best regards

Jesús Telo Núñez  
President of the OC "BLUME - GRAN CANARIA"

## 1. Date and Place

As every year we celebrate a new edition of the International Sportsfestival "BLUME - GRAN CANARIA". The 47th International Sportsfestival "BLUME - GRAN CANARIA" will be held from November 24th, until December 2nd, 2007 in the isle Gran Canaria, Spain. The towns of Las Palmas, Tafira, Maspalomas, Telde, Arucas and Ingenio offer facilities for the organisation of the indoor sports events. The outdoor demonstrations will be held in the sport-town of Gran Canaria, the beach of Las Palmas, Canteras, in Santa Catalina Park, Swim-Festival in the Swim Complex Julio Navarro.

The provisional Time-schedule for the official programme is as follows:

### Offizielles Programm

Nr.	Date	Time	Sports-event	Place
	16.10.2007, Tuesday	20:00	1. Meeting for the local clubs	Gimnasio Las Palmas
	07.11.2007, Wednesday	19:00	Presentation of the 47. Blume-Gran Canaria	Gimnasio Las Palmas
701	13.11.2007, Tuesday	19:00	Organisation Course Blume – Gran Canaria	Gimnasio Las Palmas
	15.11.2007, Thursday	20:00	2. Meeting for the local clubs	Gimnasio Las Palmas
702	17.11.2007, Saturday	12:00	Evening Show Swimming	Piscina Julio Navarro
703	19.11.2007, Monday	17:00	Vaulting Show Maspalomas	C. Hipico El Salobre
704	23.11.2007, Friday	18:00	IX Open Bridge Tournament	Real Club Nautico
705	24.11.2007, Saturday	10:00	Matinee JUDO	Pol. Tamaraceite
706		11:00	Matinee Las Palmas G.C.	Parque Sta Catalina
707		17:00	IX Open Bridge Tournament	Real Club Nautico
708		17:00	Olympismus Soiree Las Palmas G.C	Parque Sta Catalina
709	25.11.2007, Sunday	11:00	Matinee Las Palmas G.C. (La Puntilla)	Playa Canteras
710			Sailing Blume – Gran Canaria	Playa Canteras
		17:00	Meeting with team leaders	Hotel Beverly Park
711		20:15	Inauguration IGF 50+	C.C. Yumbo
712	26.11.2007, Monday	09:00	Workshops A IGF 50+	Pol. San Fernando
713		11:00	Workshops B IGF 50+	Pol. San Fernando
714		16:00	XXII Expo-Culture BLUME-Gran Canaria	Gimnasio Las Palmas
715		20:15	Evening Show IGF 50+	C.C. Yumbo
716		20:15	Evening Show Maspalomas	Plaza Maspalomas
717	27.11.2007, Tuesday	09:00	Workshops A IGF 50+	Pol. San Fernando
718		11:00	Workshops B IGF 50+	Pol. San Fernando
719		20:15	Evening Show IGF 50+	C.C. Yumbo
720		20:15	Evening Show Maspalomas	Plaza Maspalomas
721	28.11.2007, Wednesday	09:00	Workshops A IGF 50+	Pol. San Fernando
722		10:00	Training VIII Team Gymnastics	Universidad LPGC
723		11:00	Workshops B IGF 50+	Pol. San Fernando
724		16:30	Coloquium "Olympismus"	RTI - Voz de la Cantera
725		16:00	VIII Team Gymnastics Tournament	Universidad LPGC
726		18:00	XXII Expo-Kultur BLUME-Gran Canaria	Gimnasio Las Palmas
727		20:15	Gala IGF 50+	C.C. Yumbo
728		20:15	Evening Show Maspalomas	Plaza Maspalomas
729	29.11.2007, Thursday	09:00	Workshops A IGF 50+	Pol. San Fernando
730		11:00	Workshops B IGF 50+	Pol. San Fernando
731		17:00	Inauguration BLUME-GRAN CANARIA	Centro Insular Deportes
732	30.11.2007, Friday	10:00	Matinee Colegio Marpe Memorial V. Ojeda	Pol. Juan Beltran
733		10:00	Matinee Maspalomas	Pol. San Fernando
734		16:00	Evening Show Telde	Pol. Rita Hernandez
735		18:00	Evening Show Las Palmas	Pol. Juan Beltran
736		18:00	Evening Show Ingenio	Pol. Carrizal
737	01.12.2007, Saturday	10:30	Matinee Las Palmas	Pol. Juan Beltran
738		16:00	Evening Show Arucas, Manolo Ortega	Pol. Municipal
739		17:00	Evening Show Las Palmas	Pol. Juan Beltran
740	02.12.2007, Sunday	10:00	Closing Ceremony BLUME-GRAN CANARIA	Pol. Juan Beltran

## 2. Inscription

Anyone can participate! We welcome groups of gymnasts, clubs, university clubs, gymnastic colleges and anyone who is interested in the world of gymnastics. Each group prepared for the sport-shows two or three performances.

The maximum time for each performance is 10 minutes including setting up and clearing off the floor. The organisers would like to draw your attention to the fact that the performances must not run over into one another and at the beginning and end of the maximum given time the floor and surroundings should be free of participants, apparatus or materials.

There are two different areas for the indoor performances: 12 x 12 m. on ground apparatus and 12 x 12 m. without ground apparatus. It is very important for the organisers to have exact details of the type and number of apparatus will be used. Precise dates and venues of demonstrations will be published immediately after the participants applications have been accepted.

The inscription forms must be received until November 1st, 2007 in:

**Comité Organizador "BLUME - GRAN CANARIA"**  
P.O. Box 26 04  
Juan M. Duran 6-4°  
35007 Las Palmas de Gran Canaria, Spain  
E-Mail: [jtelo@blumegc.e.telefonica.net](mailto:jtelo@blumegc.e.telefonica.net)

## 3. Transport + Entrance ticket

With the entry + transport card the participants can assist during the Sportsfestival "**BLUME – GRAN CANARIA**" to all Sports activities Sailing, Swimming, Team Gym, Bridge and to all the gym-shows, inauguration and closing ceremony.

There will be a special Sportsfestival Bus Service. These buses will take the participants from the hotels to the places of the exhibitions, where the gymnastic team participate. The entrance + transport-ticket costs per person during the Sportsfestival time are:

for participants (till 18. years):	<b>25 €</b>	for visitors (till 18. years):	35 €
for participants (adults):	<b>35 €</b>	for visitors (adults):	40 €

**Childs (till 6 years old) are free from the entrance + transport ticket**

## 4. Flight + Accommodation + Meals

We recommend to book the charter package (flight+accommodation+meals) through our CO BLUME - GRAN CANARIA - offices. Please compare first the different possibilities to fly to Gran Canaria and choose for your travel the accommodation in Las Palmas or Playa del Ingles/Maspalomas.

The Organisational Committee "**BLUME - GRAN CANARIA**" arranges also reasonable accommodation in the official hotels / apartments in Las Palmas and in Playa del Ingles. We recommend that if you require hotel rooms you reserve them as soon as possible. The bookings have to be done until October 1st, 2007 at one of the following address:

### Organisator Spain:

C.O. BLUME - GRAN CANARIA  
Gimnasio Las Palmas  
P.O. Box 26 04  
Juan M. Duran 6-4°  
35 007 Las Palmas de G.C., Spain  
Tel. P: 00 34 928262815 or 494407  
Fax. G: 00 34 928262815  
E-Mail: [jtelo@blumegc.e.telefonica.net](mailto:jtelo@blumegc.e.telefonica.net)

### Address in the first page:

Denmark  
Germany  
Great Britain  
Greece  
Sweden  
Czech Republic

Departure <sup>(1)</sup>	Day	Return	Day	Days	Airport <sup>(2)</sup>
25.11.07	Sunday	02.12.07	Sunday	7	charter
28.11.07	Wednesday	05.12.07	Wednesday	7	charter

(1) Bus Transfer from the Airport Gran Canaria can be ordered in the inscription paper / 806

(2) All the airports in Great Britain, Denmark, Sweden, Finland and Norway with charter flights

Provisional Pricetable (prices in €) for the flights starting from a german airport are approx. 240 – 280 € per adult.

The prices 2007 (per person per night) for accommodation for the gymnastics teams are:

**in Playa del Ingles / Maspalomas**

Festival Hotel *** (Hotel Beverly Park)	Hotel & breakfast	Hotel & half board	Childs 2-11 J.
Double room + 1 bed		25	
Double room		29	On request
Individual room		37	

If your team is interested in an offer for the Sportsfestivals Hotel/Bungalows, please ask till the

**01. October 2007**

in written form to our office in Germany

**OK "BLUME - GRAN CANARIA"**  
 Jürgen Klughammer  
 Amselweg 56  
 67227 Frankenthal E-Mail [ok.blume@t-online.de](mailto:ok.blume@t-online.de)

**Tel.: 0049 6233 / 366 077**  
**Tel.: 0049 6233 / 366 078**  
**Fax. 0049 6233 / 366 076**  
**Mobil 0049 170 52 50 196**

### 5. Information about the provisional programme

The foreign teams can participate in all the Sports-shows of the **47th International Sportsfestival "BLUME - GRAN CANARIA"**. The official programme in 2007 is prepared as follows:

**702 Saturday, 17.11.07 12:00 Evening Show Swimming**

The event is in progress to be one of the highlights of the 47th International Sportsfestival „BLUME – GRAN CANARIA“. With the collaboration of the Club Natacion Las Palmas we will have the opportunity to see the Swim-Show with the Acro- and Synchro-teams.

**703 Monday, 19.11.07 17.00 Vaulting Show**

Diese besondere Turndisziplin wird in dem 47. Internationalen Sportfest „BLUME – GRAN CANARIA“ in Maspalomas gezeigt. Lokale Voltigierer zeigen ihr Können in dieser Veranstaltung.

**706 Saturday, 24.11.07 11.00 Matinee Las Palmas**

As traditional the sports activities of the 10 days event starts with the outdoor performance of the 47th. International Sportsfestival "BLUME - GRAN CANARIA" including a show of international character in the capital of the island, Las Palmas de Gran Canaria.

**707 Saturday, 24.11.07 17.00 IX. Open Bridge**

Now is the year number seven under the roof of the Bridge Association of Gran Canaria and in the installations of the Royal Nautic Club of Gran Canaria that we are organising the Tournament of the IX Open Bridge „BLUME – GRAN CANARIA“.

**708 Saturday, 24.11.07 17.00 Olympismus Soiree Las Palmas G.C**

This event is specially prepared for the participants of the Canary Islands in the Olympic Games. Canarian sportsmen and women have been participating since the Olympic Games in Amsterdam. This is the second Sports Meeting organized by the C.O. „BLUME - GRAN CANARIA“.

**709 Sunday, 25.11.07 11.00 Matinee Las Palmas G.C. (La Puntilla)**

As traditional we show the "Gym-motors" from the 47th International Sportsfestival „BLUME – GRAN CANARIA“ for the public of Gran Canaria under the view of Canteras beach and with the participation in II Sailing Tournament Blume – Gran Canaria of the local sailing schools of Gran Canaria.

**Sunday, 25.11.07 17.00 Meeting with delegation leaders in Beverly Park.**

We offer a special meeting in Hotel Beverly Park in Playa del Ingles to inform the team leaders and to distribute the information documentation of the 46th International Sportsfestival „BLUME – GRAN CANARIA“ and the International Gymnastics Festival 50+ for the teams.

**711 Sunday, 25.11.07 20.15 Inauguration IGF 50+ in C.C. Yumbo**

After the sucessfully celebration last year of the 1st International Gymnastics Festival, we offer this year a special program IGF 50+ for the golden generation starting with an Opening Ceremony in the Shopping Centre Yumbo.

**712 Monday, 26.11.07 09:00 Workshops A im Polideportivo San Fernando**

**713 11:00 Workshops B im Polideportivo San Fernando**

A wide range of activities related with learning and stabilisation of movements are oriented for the gymnasts during the workshops and offered by international instructors.

**714 Monday, 26.11.07 16.00 Eröffnung XXII Expo Art**

More than 500 pupils and students from the Canary Islands participate at the XXII. Expo Art Contest „BLUME – GRAN CANARIA“. The Expo will be inaugurated in Gimnasio Las Palmas.

**715 Monday, 26.11.07 20.15 Evening Show IGF 50+ in C.C. Yumbo**

Included in the program IGF 50+ and due to the increased interest for participants to show outdoors in Maspalomas during the 47th International Sportsfestival „BLUME – GRAN CANARIA“.

**716 Monday, 26.11.07 20.15 Evening Show, Plaza Maspalomas**

Our emblematic show in the center of Playa del Ingles of the 47th International Sportsfestival „BLUME – GRAN CANARIA“.

**717 Tuesday, 27.11.07 09:00 Workshops A in Polideportivo San Fernando**

**718 11:00 Workshops B in Polideportivo San Fernando**

The workshop program continues improving the meeting of international gymnastics friends, intending to learn some words spanish or other languages. Let´s try!

**719 Tuesday, 27.11.07 20:15 Evening Show IGF 50+, CC Yumbo**

Due to the big number of participants that are interested to perform outdoors, we improve the performance program in Maspalomas.

**720 Tuesday, 27.11.07 20:15 Evening Show, Plaza Maspalomas**

It is a special place in a special environment! Every team that has performed in Plaza de Maspalomas knows the gymnastics feeling of the evening show.

**721 Wednesday, 28.11.07 09:00 Workshops A im Polideportivo San Fernando**  
**723 11:00 Workshops B im Polideportivo San Fernando**

The workshop instructors search for the voluntary integration and participation in displays, keeping creative within international understanding.

**722 Wednesday, 28.11.07 10:00 Training VIII Team Gymnastics**

With the collaboration of the University of Sports and Physical Education of Gran Canaria of Las Palmas de Gran Canaria we start the VIII Open TeamGym „BLUME – GRAN CANARIA“ with the training sessions.

**724 Wednesday, 28.11.07 16:30 Colloquium "Olympismus"**

Time for the olympic members of the Canary Islands. The region presents their sports history and enjoy the sports profile and information about the Olympic Games with the participation of the canarian sports women and man.

**725 Wednesday, 28.11.07 16:00 Tournament VIII Team Gymnastics**

During the afternoon session the teams will start with the VIII Open TeamGym „BLUME – GRAN CANARIA“ Tournament. Good luck!

**726 Wednesday, 28.11.07 18:00 XXII Expo Art**

The creative paintings of the „BLUME – GRAN CANARIA“ world are been shown in Las Palmas and the the local schools and institutes of the XXII Expo-Culture BLUME-Gran Canaria are awarded.

**727 Wednesday, 28.11.07 20:15 Gala IGF 50+, C.C. Yumbo**

The second Gym-Show in this Shopping Center completes the outdoor performances in the south of the island of the 47th International Sportsfestival „BLUME – GRAN CANARIA“.

**728 Wednesday, 28.11.07 20:15 Evening Show, Plaza Maspalomas**

The Gym-Shows of the foreign teams are the special programme for this evening in Playa del Ingles during the session in this nice part of the isle.

**729 Thursday, 29.11.07 09:00 Workshops A im Polideportivo San Fernando**  
**730 11:00 Workshops B im Polideportivo San Fernando**

The workshop instructors search for the voluntary integration and participation in displays, keeping creative within international understanding activities.

**731 Thursday, 29.11.07 18:00 Inauguration BLUME – GRAN CANARIA**

In the inauguration the Gymnastic Association of Gran Canaria welcomes all the participating teams. Here are participating all the clubs in the marching in. The 47th International Sportsfestival "BLUME - GRAN CANARIA" will be opened by the President of the Organisational Committee. The programme of the inauguration will introduce all the gymnasts in a week of sports and friendship.

**732 Friday, 30.11.07 10:00 Matinee "Vicente Ojeda", Las Palmas G.C.**

The show performances have been an essential part of the International Sportsfestival "BLUME - GRAN CANARIA". The shows of the Matinee will present traditional elements and will form an impetus to develop the design of motion.

**733 Friday, 30.11.07 10:00 Matinee Maspalomas, Pol. San Fernando**

The Organisational Committee "BLUME - GRAN CANARIA" presents international and national teams, with their own style and music and their floor exercises. The International Sportshow is a session of gymnastics without winners and medalls, but with a great number of didactic displays.

**734 Friday, 30.11.07 16:00 Evening Show Telde**

Gymnastics is international, but still each country has its own specific gymnastics culture. The programme of the Evening Sports-Show in Telde includes the elements that provide a stage for the gymnastics culture of foreign countries. The show will present a number of attractive exercises containing elements of gymnastics, dancing, acrobatics, aerobics and folklore.

**735 Friday, 30.11.07 18:00 Evening Show Las Palmas**

To demonstrate the imagination, versatility, and creativity of the groups participating in this International Sportsfestival "BLUME - GRAN CANARIA", the groups will present a selection from the range of exercises involved at a festive evening show.

**736 Friday, 30.11.07 17:00 Evening Show Ingenio**

Now belongs this historical village to the gymnastics program of the 47th International Sportfestival „BLUME – GRAN CANARIA“extending the gymnastics atmosphere through the island.

**737 Saturday, 01.12.07 10:30 Matinee Las Palmas**

The Organisational Committee "BLUME - GRAN CANARIA" commission select international and Spanish groups from the instructional and display performances for the Matinee in Las Palmas. These groups shall get the opportunity of presenting a "shortened version" of their performance to the public.

**738 Saturday, 01.12.07 16:00 Evening Show "Manolo Ortega", Arucas**

Glimpses of the regular weekly gymnastics exercises, specially created presentations and initiatives will present in Arucas a colourful image of the gymnastics clubs, producing initiatives to be performed.

**739 Saturday, 01.12.07 17:00 Evening Show Las Palmas**

The Organisational Committee "BLUME - GRAN CANARIA" commission select international and Spanish groups from the instructional and display performances for the evening sports-show in Las Palmas.

**740 Sunday, 02.12.07 10:00 Closing Ceremony BLUME-GRAN CANARIA**

After 10 days full with sports activities the closing ceremony of the 47th International Sportsfestival "BLUME - GRAN CANARIA" include a show of international character, where all the participating nations will participate.

## 7. Workshop Program

We offer the group leaders for an active participation in the workshops program. Several Workshops instructors from Denmark, Germany, Finland, Spain and Czech Republic are presenting the following Workshops in the Sportsfestival languages:

<b>Workshop Program</b>	<b>Instructor</b>	<b>Nation</b>
WS 01 Aqua Power / Water Aerobics <i>High Intensity in the sports swimming pool</i>	Sabrina Hernandez	Spain
WS 02 Water Gymnastics / Aqua-Rhythmik/ Aqua Boxe <i>Normal intensity for gymnastics in the swimming pool</i>	Sabrina Hernandez	Spain
WS 03 Aqua Jogging deep water <i>Jogging for non swimmer &amp; deep water</i>	N.N.	
WS 04 Aqua Jogging <i>Jogging for non swimmer</i>	N.N.	
WS 05 Folklore der Kanarischen Inseln <i>Regional dances</i>	Antonio Sánchez	Spain
WS 06 Line-Dance <i>Let us dance with Western-Music</i>	Christiane Kleinke	Germany
WS 07 Flamenco / Sevillanas <i>Spanish national dance for 50plus</i>	Emilia Atienza	Spain
WS 08 Chrisrobic in ¾ time <i>A different way to understand Aerobic</i>	Christiane Kleinke	Germany
WS 09 Internationale Folklore - Tänze <i>Lust auf Musik&amp; Bewegung? Internationale Tänze</i>	Klaus Witte	Germany
WS 10 Baile Salsa <i>Gymnastics &amp; Movement in Salsa rhythmus</i>	Jose Luis Sanchez	Spain
WS 11 Happy Gym <i>Gymnastics &amp; Animation</i>	Jane Sorensen	Denmark
WS 12 Sports and exercises for Seniors/50 Plus <i>Based on the social well-being different gymnastics exercises are combined</i>	Sanne Honoré	Denmark
WS 13 Movements with daily materials <i>A bag with several possibilities</i>	Christiane Kleinke	Germany
WS 14 Fit-Ball <i>The exercises with the big balls are oriented to the instruction for the balance and the general coordination</i>	Sanne Honoré	Denmark
WS 15 Fitness and better health <i>With stability trainer and overball</i>	Dobromila Vejrazkova	Czech Republic
WS 16 TaiChi-Chuan / Qi Gong A <i>asian forms of movements leading to Fitness and Relax</i>	Emmy & Otto Fischer	Germany
WS 17 TaiChi-Chuan / Qi Gong F <i>basic knowledge expected</i>	Emmy & Otto Fischer	Germany
WS 18 Beach Volleyball <i>Basic knowledge should be positive</i>	Richard Grüner	Germany
WS 19 Nordic- /Stickwalking A <i>Health oriented walking for beginners and advanced walkers (Sticks are available)</i>	Marina Wolff-Bühning	Germany
WS 20 Nordic- /Stickwalking F <i>basic knowledge expected</i>	Marina Wolff-Bühning	Germany
WS 21 The importants words for IGF 50+ <i>An attempt to learn simultaneously important words in english, spanish, german and maybe other languages</i>	Marina Wolff-Bühning	Germany

## 8. BLUME-GRAN CANARIA Sportsfestival-Tours

Have you notice that the isle of Gran Canaria not only shows bananas, tomatoes, the beach of Playa del Ingles or the highway from the airport to Maspalomas - but also pine-forest, beautiful mountains, valleys and lakes, too? **Get on and let's go!**

### 801 Isle-Tour

We start in the westcoast of the Isle, so that we can look the vibrant metropolis of the island, LAS PALMAS. After that comes the Contrast: wide, green bananaplantations and small, white houses build on the rocks inside the sea. Afterward we go through the second highest bridge of Spain (128 m) and visit at the westcoast the highest steel coast rocks of the island. The North transform slowly into the South arriving the village San Nicolas, where the wellknown mineral rocks are situated in Veneguera. From „little Venice“ at the harbour of Puerto de Mogan visiting the yachting harbour of Puerto Rico we arrive again at Maspalomas where the lighthouse will welcome us.

### 802 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. The tour goes through the central part of the island and we visit the highest points, for example the „Pico de las Nieves“ (altitude:1.949 m), the volcanic zone of Roque Bentaiga and Roque Nublo.

### 803 Guanchen-Tour

Our first destination is Fataga, a typical village of Gran Canaria enclosed in fruit-trees. Afterwards we visit San Bartolome de Tirajana, the administrative capital of the touristical metropolis surrounded by high mountains. The next destination leads us to a green sea of palms called Santa Lucia and wellknown for their fruitliqueur. After Agüimes, one of the oldest sites of the island, we arrive the caves of Guayadeque. In the calm of the deep canyon are located the caves where the aborigines, „Guanches“, of Gran Canaria lived.

### 804 Las Palmas

The capital of the island with 400.000 inhabitants offers a lot of sight-seeing in a closed area. We begin with the great Atlantic port of Las Palmas, „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, where we will stop for a short shopping walk. The great beach of Las Palmas, Canteras, will be our next stop where we will recognise the colourful life of the city.

### 805 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. The date is the most important religious celebration with the greatest pilgrimage of the Canary Islands.

### 806 Aiport Transfer (airport – accommodation – airport)

Price-table 800 Sportsfestival Tours (per Person)	Day	Departure	Group 6 - 10	Code	Group 11 - 30	Code	Group 31 -55	Code
Island Tour	daily	09.00	22 €	811	15 €	812	12 €	813
Panorama Tour	daily	09.00	18 €	821	12 €	822	10 €	823
Guanchen Tour	daily	09.00	18 €	831	12 €	832	10 €	833
Las Palmas city	daily	09.00	15 €	841	11 €	842	9 €	843
Market San Mateo	daily	09.00	18 €	851	12 €	852	10 €	853
Airport Transfer	daily		10 €	861	8 €	862	6 €	863

**Group Code**   
 (TO BE FILLED BY OC!)

# Blume Gran Canaria

## M1 Inscription Form



**Name of the group**

**Address of the group**

**Post Code**

**City**

**Telefon**

**Nation**

**FAX**

**E-mail**

**Name of the leader**

**Address of the leader**

**Post Code**

**City**

**Telefon**

**FAX**

**E-mail**

### Flight Informations

	Airport	Date	Departure Time	Airport	Arrival Time	Flight Number
<i>Departure</i>				Gran Canaria		
<i>Return</i>	Gran Canaria					

Accomodation in	Las Palmas GC	<input type="radio"/>	Maspalomas	<input type="radio"/>	Puerto Rico	<input type="radio"/>
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Hotel Name \_\_\_\_\_ Hotel Address \_\_\_\_\_

Telefon \_\_\_\_\_ Fax \_\_\_\_\_

Please send attached the list of participants including the name and age. The reserved tickets will be distributed by your arrival at the hotel.

\_\_\_\_\_  
**Place. Date. Signature**





# Blume Gran Canaria

## Information for M 3

Code	Art der Vorführung	Code	Art der Vorführung
101	Artistic Men Gvmnastics	111	Aerobic, Step-Aerobic
102	Artistic Women Gvmnastics	112	Rope Skippina
103	Rythmical Sportsaymnastics	113	Folklore
104	Trampoline	114	Gvmnastics with pairs
105	Minitramp	115	Gymnastics for child
106	Double Minitramp	116	Humoristical Gvmnastics
107	Tumbling	117	Aesthetic Gvmnastics
108	Team Gymnastics	118	Rock´n Roll
109	Gymnastics + Dance	119	Jazz Gvmnastics
110	Acrobatics	120	Others
Code	Gym-Apparatus	Code	Gym-Apparatus
501	Gym mats 12 x 2 x 0,03 m	508	Double Minitramp
502	Gvm mats 3 x 0.3 x 2 m	509	Vaulting Box 1 x 0.4 x 1.3 m
503	Gvm mats 1 x 1.20 x 0.05 m	510	Reuther
504	Gym area 12 x 12 m	511	
505	Gvm area RSG 12 x 12 m	512	
506	Judo area 12 x 12 m	513	
507	Minitramp	514	

### Example for M3 Performances

		Gyxm-Show- Nr.
<b>1. Performance</b>		<b>723</b>
<b>Gym-Show Nr.</b>		<b>733</b>
(fill the choosen Gym-Show-Nr !)		<b>740</b>
<b>Title</b>	<b>Samantha Gym-Show</b>	
How many parts have the performance?		<b>3</b>
Performance parts	Performance (100)	<b>Min</b>
Marching in		<b>1</b>
Part 1	<b>1 0 9</b>	<b>3</b>
Part 2	<b>1 0 7</b>	<b>2</b>
Part 3	<b>1 0 6</b>	<b>3</b>
Marching out		<b>0</b>
<b>Total time</b>		<b>9</b>
<b>Total time maximal 10 minutes!</b>		

Do you need to install apparatus?				yes			
If yes, how long?				1 min			
<b>List of requested apparatus</b>							
Code (500)		Number		Code (500)		Number	
<b>5</b>	<b>0</b>	<b>1</b>	<b>2</b>				
<b>5</b>	<b>0</b>	<b>2</b>	<b>3</b>				
<b>5</b>	<b>0</b>	<b>3</b>	<b>6</b>				
<b>5</b>	<b>0</b>	<b>9</b>	<b>1</b>				
The performance includes any stops or changes of clothes?						<b>no</b>	
Title of music				Rocky Horror Picture			
<b>CD</b>			<b>MD</b>			<b>other</b>	



