

# 1<sup>st</sup> Golden Age Gym Festival 2008

November, 16<sup>th</sup> – 21<sup>st</sup> 2008 Maspalomas, Gran Canaria, Spain



## Registration form

Name of group \_\_\_\_\_

### 1. General information

\_\_\_\_\_  
Name of federation

\_\_\_\_\_  
Name of group

\_\_\_\_\_  
Name of the responsible group leader

\_\_\_\_\_  
Address of the responsible group leader

\_\_\_\_\_  
Phone, email and fax number of the responsible group leader

Number of group members	Male	Female	Total
Responsible leaders			
Participants			
Total number			

### 2. Arrival and departure

Arrival in Airport Gran Canaria				
From airport	To airport	Date	Time	Flight Number
	Gran Canaria			

Departure from Airport Gran Canaria				
From airport	To airport	Date	Time	Flight Number
Gran Canaria				

The OC will provide bus transport from the airport of Gran Canaria to accommodation and return to the airport at a cost of 1€ per person. Please fill your transfer start 2:30 hours before flight departure from airport Gran Canaria

Transfer from Accommodation to Airport Gran Canaria				
Transfer Date	Transfer Start Time	Accommodation Name	Accommodation Address	Number of persons

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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 0,30 m )	
Mini trampoline	
Swedish box	
Vault / vaulting table	
Vaulting board	
No equipment	

3.2. Duration of the performance: \_\_\_\_\_ minutes

The performance may last for a maximum of 15 minutes, incl. time for preparing equipment etc.

Floor area needed:

Area	Option
18 x 12 m	
14 x 14 m	
12 x 12 m	

3.4. Music recorded in:

Music	Option
Cassette	
CD	

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

Performance area (Time: 20.00)	Size	17.11.2007	18.11.2007	19.11.2007
Plaza de Maspalomas, Area, with equipment	18 x 12 m			
Centro Comercial Jumbo, Platform, with equipment	14 x 14 m			
Parque San Fernando, Area, with equipment	12 x 12 m			
Parque San Fernando, Area, stone floor	20 x 40 m			

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### 4. 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	Priority 1	Priority 2	Priority 3	Priority 4	Number of participants
WS 011	Aqua gym					
WS 012	Aqua-Salsa					
WS 013	Aqua-fitness					
WS 02	Fun HydroBio					
WS 03	Alexander technique					
WS 04	FFF; Fit, Fun & Fifty					
WS 051	Fit – Ball Wellness					
WS 052	Sports & Exercise for Seniors					
WS 061	Tai Chi Chuan basic movements					
WS 062	Tai Chi Chuan daily routine of crows					
WS 063	Tai Chi Chuan and the 5 principles					
WS 07	Happy Gym					
WS 08	Latin Aerobic					
WS 09	Line Dance					
WS 10	Flow Gymnastics					
WS 11	Chrisrobic					
WS 12	Body & soul					
WS 13	Acrobatics 50plus					
WS 14	Flamenco dance					
WS 15	Folklore Canary Islands					
WS 16	Baile Salsa					
WS 17	Nordic Walking					
WS 181	Stick-Walking for beginners					
WS 182	Stick-Walking for experts					
WS 19	Beach Volleyball					
WS 20	Jogging with Alexander technique					
WS 21	Sinew- and bone-Qigong					
WS 22	The important words for GA GF 50+					
WS-F 23	Healthy sport in golden age					
WS-F 24	Mental fitness through coordination skills					
WS 25	Dynamic Tennis					
WS 26	Petanque					
WS 27	Pilates					

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### 5. Accommodation Hotel Reservation

If the group choose a non official accommodation, please inform the OC

Hotel Accommodation \_\_\_\_\_  
Name, Address and Telephone  
(please inform the OC about the chosen accommodation)

Price per person/night

HB = Halfboard

FB = Fullboard

**Official Hotel** **Hotel Beverly Park, Hamburgo No 10, 35100 Maspalomas; +34 928 77 40 42**

(if the group choose the official hotel, please proceed to fill in the reservation list with your reservation choices)

No	Name, Prenom	Room choice	Arrival Date	Depart. date	Total nights	1 bed HB 41 €	2beds HB 31 €	3beds HB 27 €	1bed FB 49 €	2beds FB 39 €	3beds FB 35 €	Total per participant
1												
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### 6. Accommodation Bungalow Reservation

If the group choose a non official accommodation, please inform the OC

Bungalow Accommodation \_\_\_\_\_  
 Name, Address and Telephone  
 (please inform the OC about the chosen accommodation)

Price per person/night

HB = Halfboard

FB = Fullboard

**Official Bungalow** **Bungalow Maspalomas Oasis, Avda. de T.O. air Marín, s/n - 35100 Campo Internacional de Maspalomas - Gran Canaria (España) Tel.: + 34 928 14 55 55**

(if the group choose the official bungalow, please proceed to fill in the reservation list with your reservation choices)

No	Name, Prenom	Room choice	Arrival Date	Depart. date	Total nights	2Pers FB 40 €	3Pers FB 35 €	4Pers FB 30 €	Total per participant
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3									
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## 7. Flights

The OC 1<sup>st</sup> Golden Age Gym Festival 2008 is offering flights from european airports for reasonable prices. The group shall organize the bus transport to and from the european airport. The transfer of the participants from the airport in Gran Canaria to the accommodation can be ordered in 9. Reservation Tickets.

1. Please insert your 1st and 2nd choice for the departure airport, from where the group want to start the flight
2. Please insert your 1st and 2nd choice for the departure date, when the group want to start the flight
3. Please insert your 1st and 2nd choice for the return date, when the group want to return
4. Please insert the number of gymnasts that need a flight reservation

	1st option	2nd option
1. Departure Airport		
2. Departure date		
3. Arrival date		

  

	adults	childs (< 6 years)
4. Number of gymnasts		

The OC Golden Age Gym Festival 2008 will prepare for the groups economical flights. The offers can be confirmed till July 2008 when the flight companies complete their schedule.

## 8. Excursions

If the group wish to enjoy one of the excursions, please fill the following table:

Excursion Code	Excursion	Group < 30 person	Group > 30 person	Guide (german/english)	Lunch price	wished date	Number participants	Total price
E 01	Gran Tour Isle Gran Canaria	20 €	17 €	15 €	11 €			
E 02	City Las Palmas	12 €	9 €	15 €				
E 03	Agaete Tour	15 €	12 €	15 €	14 €			
E 04	Lanzarote Tour		196 €	inclusive	inclusive			
E 05	Tenerife Loro Park		132 €	inclusive	inclusive			
E 06	Sahara Tour		395 €	inclusive	inclusive			

The excursion description is in Bulletin No 2 available. The E06 Sahara Tour considers multiple accommodation in Residencia "Villa Sahara". Triple, double or single room has to be extra requested. The guide can be only ordered for groups bigger than 30 persons. Registrations for the excursions can also be done during the festival week in the OC office.

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### 9. Festival Tickets & Reservation

Please fill in the Festival Tickets & Reservation table the options chosen for the group participants and send it to the OC till Final Registration date: 1st, October 2008

No	Name, Prenom	Festival Ticket 100	Airport Transfer 200	Travel Insurance 300	Flight 400	Accommodation 500	Excursion 600	T-shirt 700	TOTAL
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