

2020
Golden Age
Gym Festival

rethymno

4 - 9 October 2020



BULLETIN 01





Dear gymnastics friends

We, the UEG Technical Committee of Gymnastics for All (UEG TC GfA), are very pleased to welcome all of you to Crete, Greece. The city of Rethymno will host the 7th Golden Age Gym Festival, taking place in October 2020.

We hope that in Rethymno you will experience the best gymnastics week of your life, performing, taking part in different Workshops and socialising with friends from all over Europe. Besides the Gymnastics, Crete can offer beautiful nature, history and over 20 km long sandy beaches. The weather is mild Mediterranean – dry and warm, with lots of sunshine all year round.

Crete is the largest island of Greece and the population of the city Rethymno is about 35.000 inhabitants.

The LOC is doing everything they can to prepare a great Gymnastics week for all of you. We are certain that all our gymnastics friends taking part in Golden Age, will live an unforgettable week of sports, with lots of fun and enjoy the hospitality of the Greek people.

We look forward to seeing you all.

Hlíf Thorgeirsdóttir
President of the UEG TC GFA

#Enjoy the Golden Experience



Dear gymnastics friends

With the support of the Region of Crete and of the University of Crete, to which we are thankful, as well as the UEG who handed us this big opportunity, the Hellenic Gymnastics Federation is getting ready to host a huge celebration of European Gymnastics. The 7th Golden Age Gym Festival promises to be an exciting event and we are already working ahead of this, in order to deliver an unforgettable experience to all those who will visit Rethymno on October 2020!

The Golden Age Gym Festival will be hosted on Greek soil for the first time and we are confident that it will be a total success. We are aiming for a new participation record, with more than 2,000 people from all over Europe coming to Crete, and I would personally wish to invite everyone to seize this chance: The hospitality of the people of Crete, the beauty of their island and our experience in organizing major events, will make it unique in every aspect.

We hope to see all of you in Crete and enjoy together the Golden Age Gym Festival 2020!

Athanasios Vasiliadis

President of the Hellenic Gymnastics Federation



Welcome to Rethymno

- Rethymno is the third largest city in Crete after Heraklion and Chania.
- The old town of Rethymnon is a preserved Renaissance city that bears elements from both the Venetian and the Ottoman Era.
- Organised sandy beach, more than 20 km long, stretching from the town of Rethymno in an easterly direction towards the areas of Perivolia, Platanes, Adelianos Kampos, Skaleta.



How to go to Rethymno

Crete has two international airports:

Chania international airport
(60 km from the City of Rethymno)

Heraklion international airport
(80 Km from the City of Rethymno)

With direct flights from the most European airports during September - October period.



Transfers

Transfers will be provided from airports. Transfers to and from airports above will be secured by the LOC for a special price to all participants registering for accommodation packages through LOC. Upon request, LOC will provide a special customised quote for transfers for each National Federations based on their own requirements



GAGF History

After the test edition in 2005 and the 1st Golden Age Gym Festival 2008 in Maspalomas, Canaries (ESP), the 2nd GAGF was hosted by Portimao (POR) followed by 3rd GAGF in Montecatini (ITA), 4th GAGF in Toulouse (FRA), the 5th edition in Portoroz (SLO), the 6th GAGF in Pesaro (ITA) and now the **7th GAGF edition in Rethymno, a beautiful city on the Cretan Island of Greece.**

General Info

From 4th to 9th October 2020, Rethymno city will host the most important UEG 50+ Gymnastics Festival: Golden Age Gym Festival! The UEG Golden Age Gym Festival is not only a week of recreation but offers also the possibility to all participants to improve their abilities, to discover new activities and sports and make new friendships.

This Festival for the 50+ generation has the purpose to inform the gymnasts from 50 UEG National Federations about gymnastics benefits and let them experience different gym related activities. The gymnasts shall have the pleasure to be involved in this unique Gym Festival where group presentations and leisure activities are planned together.

The GAGF is open to gymnasts from 50 national European Federations affiliated to the UEG. UEG member Federations can register groups of people 50+. Although there will be no precise definition of the age of the participants, they should be 50 years or older.

Enjoy Rethymno for the first time

Info meeting for Heads of National Delegations will take place on the 21st and 22nd September 2019 in Rethymno. You can find the Invitation letter for Info Meeting on the official UEG website of GAGF 2020.

[more info here >](#)



#Enjoy the Golden Experience

Programme of the week

Provisional programme (subject to change)

| Sunday 4/10 | Monday 5/10 | Tuesday 6/10 | Wednesday 7/10 | Thursday 8/10 | Friday 9/10 |
|--|---|---|--|---|---|
| | Meeting LOC+HOD (obligatory) 8.45 - 9.00 | Meeting LOC+HOD (obligatory) 8.45 - 9.00 | Meeting LOC+HOD (obligatory) 8.45 - 9.00 | Meeting LOC+HOD (obligatory) 8.45 - 9.00 | Meeting LOC+HOD (obligatory) 8.45 - 9.00 |
| | | Morning Gym 8.30 - 9.00 | Morning Gym 8.30 - 9.00 | Morning Gym 8.30 - 9.00 | Morning Gym 8.30 - 9.00 |
| | | Workshop 9.30 - 10.30 | Workshop 9.30 - 10.30 | Workshop 9.30 - 10.30 | Workshop 9.30 - 10.30 |
| | | Workshop 11.00 - 12.00 | Workshop 11.00 - 12.00 | Workshop 11.00 - 12.00 | Workshop 11.00 - 12.00 |
| Meeting Group leader +HOD 14.00 - 15.00 | | Educational Forum 12.00 - 13.30 | Meeting Group leader Gala/Closing 12.30 - 13.30 | | Official Reception 12.30 - 13.30 |
| Parade ready 16.00 | | | | | Rehearsal Gala/Closing 14.00 - 16.00 |
| Parade start 16.30 | | | | | |
| Opening 17.00 - 18.30 | City Performances 17.00 - 19.00 | City Performances 17.00 - 19.00 | City Performances 17.00 - 19.00 | City Performances 17.00 - 19.00 | Gala/Closing 17.30 - 19.00 |
| | | Party 20.30 - 00.00 | GAGF 2022 19.30 - 20.30 | Party 20.30 - 00.00 | Farewell Party 20.30 - 00.00 |



The “Golden Age Gym Festival” is all about gymnastics, leisure - social and cultural activities as well as friendships and intercultural exchanges. Here are the main words of this week. The week will be filled with the following events:

- Opening Ceremony & Parade
- City Group performances
- Workshops
- Educational Forum
- Cultural & social activities
- Parties
- Gala/Closing

As usual, every morning we will have a meeting with all Heads of Delegation in order to give you some more detailed information.

The presence is mandatory for all Heads of Delegation

You will arrive and leave on Saturday or maybe you wish to arrive earlier or stay a bit longer to explore the city of Rethymno. Well, guess what? It's possible! Just contact the LOC. Of course, also during the event week, the LOC will prepare great social and cultural activities and offer beautiful excursions. Stay tuned for more information!

Educational Forum (Choreography)

An Educational Forum for coaches will be held for the discussion of Choreography themes related to the GAGF programme. The forum will take place at the house of culture in the city centre on October 6th between 12.00-13.30.

The forum offers educational opportunities for group leaders, coaches and other interested participants to learn about technical issues, teaching seniors, and to share their own experiences.

Participants will be encouraged to ask questions, to exchange experiences and to tell about their own countries. A certificate of attendance will be provided by the LOC.

The Forum is also open to people who are not participating in the GAGF.

For every topic there will be a theoretical input followed by a practical demonstration or exercise. The lectures will be given in English. The speeches must be related to and explained or demonstrated by practical exercises or demonstrations with a group of selected people or English speaking volunteers.

A short overview of the speeches will be published on the internet prior to the event, as well as a precise description of the goals of the practical demonstrations.



Ceremonies

OPENING CEREMONY

The opening ceremony will take place on Sunday 4th October in Mikrasiaton square where the Parade ends.

It will be an about one hour long show, starting at 17:00.

Throughout the performances, we will try to do our best to welcome you in our country.



GOLDEN AGE GALA/CLOSING

The Gala/Closing ceremony will take place on Friday 9th October, in Mikrasiaton square.

Duration and theme

The duration of the Gala/Closing is limited to 60 minutes and also the duration of each performance is 3 minutes. The theme will be "Greek Mythology".

Registration and wildcards

Federations with at least 3 participating groups (with a presentation on the stage) can nominate one group to perform. The TC-GfA can invite further groups from Federations with less than 3 groups or groups with exciting performances or with good examples of how to work with senior gymnasts ("wildcard"). Spectator seats will be reserved for the active participants.

Screens

Video screen/s will be available to project information, live images and to support the performances.

City Performances

Duration

- The maximum time for each performance is 6 minutes (including preparation of the venue and marching in and out). Performances shorter than 5 minutes are warmly recommended!

Groups

- Groups should be composed of a minimum of 6 active performers; each group has the opportunity to perform twice during the week.

Preparation

- The group should be ready to perform 15 minutes before their scheduled time. There will be changing rooms available at all sites. Performers should take care about props on their own. If you should require additional help from the LOC, please provide a written request as soon as possible.

Venues

The meetings will be held in the house of culture which is situated by the side of Mikrasiaton square. Also the info point and Accreditation Centre will be at this venue.

Mikrasiaton square (city center)

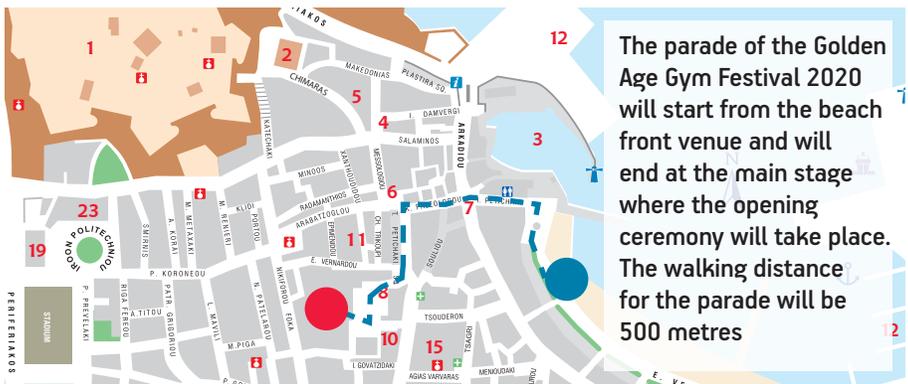
- Stage 20X25
- Opening ceremony and Gala/Closing
- Colour of the carpet : beige
- Audience on one side

Beach front Venue

- Stage 14 x 14
- City Performances
- Colour of the capret: beige
- Audience on 3 sides



Parade



Workshops

There are two different categories of workshops:

Closed Workshops

- WS with equipment
- Registration is necessary
- Every group can choose 3 closed workshops. The LOC will guarantee at least two of them.
- Groups must indicate their choice for the closed workshops with the definitive registration.

Open Workshops

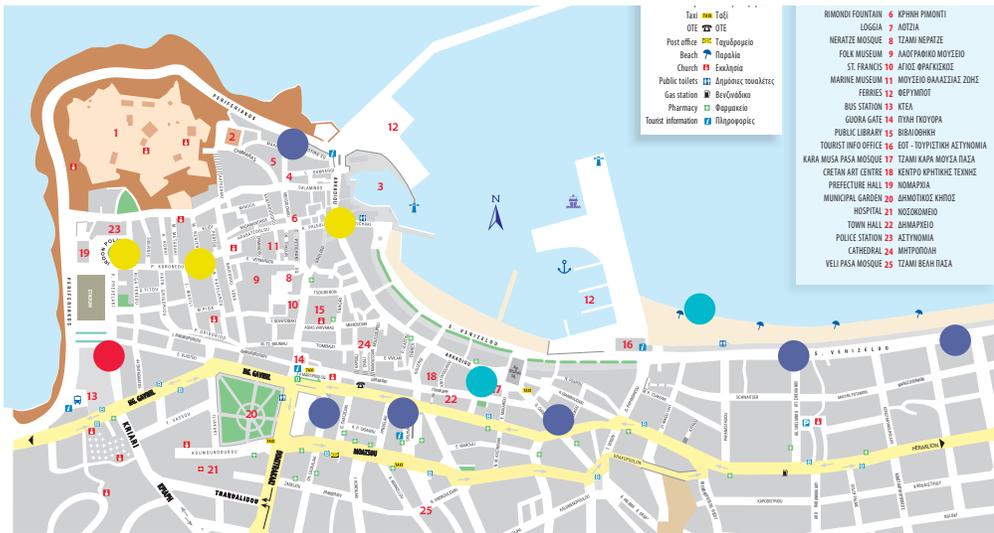
- Workshops with gymnastics, walk or dance
- Registration is NOT necessary
- Every participant can go to 2 open WS.
- Everyone can choose the time and the day that suits them for the open WS
- No need to register before for the Open Workshop.

Special Choreography Workshop: A workshop that is recurrent in each edition of GAGF. In this workshop groups will have the opportunity to practice their Choreography together with an expert that will give them some feedback with the aim of further developing and improving the performance. The LOC will contact the groups registered for the Special Choreography Workshop for further instructions. At the workshop area, English speaking volunteers will be present to help participants find their way to the workshop.

At least one volunteer will be present at each workshop to support the instructor, to guide the participants and to help in case of emergencies.

The duration of the workshops will be 60 minutes depending on the characteristics and needs of the workshop from 9.30 to 12.00.

- HOTELS
- EVENTS
- INDOOR HALL
- WORKSHOPS



Workshops

Most of the Workshops will take place next to the sea. From Monday to Thursday workshops will take place in the morning, from 9:30 until 10:30 and from 11:00 until 12:00. The 2 morning workshops will take place in the same venue. Participants will have 30 minutes between each workshop. More than 20 different types of workshops will be provided and some of them are presented below.

Aqua fitness

Water training is the easiest way to exercise your muscles evenly. At the same time, it improves breathing and strengthens the cardiovascular system. Combine fun and exercise by exercising in the water!

CrossFit

CrossFit is a program developed to offer a full-body workout using functional movements (safe, effective and efficient movements similar to those you use every day in life).

Dynamic walking

Dynamic walking is a very good exercise to improve endurance and fitness, combined with breaks and the beautiful path along the coast will be an unforgettable experience.



Hatha Yoga

It includes: breathing techniques, techniques of self-concentration, dynamic dispositions, equilibrium exercises.

Costal rowing

Rowing with the scout 's traditional boats in the city's harbor, allow people to enjoy the wonderful view of the city from the sea.

Tabata with bands

Intermittent training program where periods of intense exercise alternate with short rest periods, combining movement with exercise bands. During exercising athletes are able to enjoy the view of the old harbor.

Easy zumba

Gymnastics and dance in One. A fitness method with unique benefits, not only in the body, but also at your disposal. Give smile and expression to your body through music.

Dance aerobic

The basic steps of aerobic, next to the old harbor, combined with wonderful choreographies increase heartbeats, metabolism and positive energy.

Aerobic with weights

Basic steps of aerobic combined with exercise of hands, shoulders, back, eyes, using dumbbells of one kilogram, provide stimulation and wellness to the body.

Dance balance

Dancing and exercising are definitely combined. The use of a gym bar and the steps from classic and modern dance will surprise you .

Gym with tools

Dancing and exercising are definitely combined. The use of a gym bar and the steps from classic and modern dance will surprise you.

Dancing

There is no existence without dancing, there is no voice without singing, there is no exercise without joy.



Tango

Basic principles and technique. Analysis of the main principles of dance and music. We focus on exercises that help communication and improvisation. We learn the basic steps and we have fun.

Creative pilates - stretching movement

Pilates is appropriate for anyone at any age and improves strength, balance and flexibility. Stretching increases flexibility in the joints. It helps to achieve better coordinated movements and increased speed and power. The combination of them causes joy, wellness and revitalization.

Pilates

An exercise method that keeps the body in perfect physical condition, based on a system of widening and empowerment exercises. This type of exercising was inspired and designed by Joseph Hubertus Pilates.

Piloxing

Pilates-boxing-dance Feel empowered with boxing, find balance with pilates and let loose with fun and funky dance moves!

Beach volley

Beach volley is a pleasant sporting activity for all ages. The use of the ball with the hands strengthens the upper part of the body. At the same time the movement in the sand helps to develop the balancing possibilities.

Beach tennis

Beach tennis is one of the fastest developed sport. It is simple and it only needs company, disposal, a racket and a ball in order to play. We will enjoy it on the beach of our town.

Cretan folk dance

Cretan dances express the rich inner world of their people and have their roots in the ancient Minoan ceremonies. With dancing and singing, Cretans express their feelings, enthusiasm, disappointment and love.

Fluiball

Fluiball is a light and unbreakable medical ball with a variable amount of non-toxic chromatic water. Its weight starts at 1kg. You can roll it, shake it, grab it, throw it away or even tighten it without causing any damage to the equipment.

GAGF Village

GAGF Village will be located at the Public Garden. It is the ideal place to sip a cup of coffee on a sunny day in Rethymno and gather all information about the festival.

Also some of the workshops will take place in GAGF Village. GAGF Village will be open from 4th October to 9th October 2020 non-stop from 08:30 to 00.00.

In the village you can find:

- The Golden Age boutiques
- Stands with food and drink specialities
- Meeting point for various activities (games, sport, music, creative workshops)
- Dancing parties



Registration

Registration process will be done online only, through a special GAGF application that will be available at <http://www.ueg.org/event/2020-golden-age-gym-festival>. Each National Federation will receive their own login credentials to access online application. The LOC will explain the whole registration process at the information meeting in September 2019. Online application will open afterwards with the following deadlines:

Before 1st November 2019 - Preliminary Registration

Information concerning the federation, contact person for GAGF, the number of participants and the number of groups with email addresses of group leader is to be provided.

Price: 14€ per registered participant
(that is not refundable)

Before 1st February 2020 - Nominative Registration

Registration with participants' accommodation subscription.

50% deposit for Accreditation pass GAGF 2020

Before 1st June 2020 - Final Registration

Workshops, City Performances and Forum registration.

Touristic programme subscription.

Arrival and Departure Information with transfer options

Payment of the remaining amount for Accreditation pass GAGF 2020

Accreditation Pass GAGF 2020

Access to the Official Golden Age Gym Festival. GAGF 2020 accreditation is mandatory for attending all events during GAGF 2020 Rethymno.

All participants have to be accredited by the LOC or they will not be able to take part in GAGF 2020.

Price: 140€ per person

(for those NF who will reserve the accommodation via the LOC)

Price: 190€ per person

(for those NF who **will not** reserve the accommodation via the LOC)

#Enjoy the Golden Experience



Accommodation packages

| Arrangement | 3-STAR HOTEL RETHYMNO (CRETE, GREECE) | | |
|-------------------|---------------------------------------|-------------|-------------|
| ★ ★ ★ | Triple room | Double Room | Single Room |
| Bed and Breakfast | 280,00 € | 336,00 € | 490,00 € |
| Additional Night | 40,00 € | 48,00 € | 70,00 € |
| Meals Dinner | 14,00 € | 14,00 € | 14,00 € |
| Lounge | Per meal | Per meal | Per meal |

| Arrangement | 4-STAR HOTEL RETHYMNO (CRETE, GREECE) | | |
|-------------------|---------------------------------------|-------------|-------------|
| ★ ★ ★ ★ | Triple room | Double Room | Single Room |
| Bed and Breakfast | 350,00 € | 406,00 € | 595,00 € |
| Additional Night | 50,00 € | 58,00 € | 85,00 € |
| Meals Dinner | 15,00 € | 15,00 € | 15,00 € |
| Lounge | Per meal | Per meal | Per meal |

| Arrangement | 5-STAR HOTEL RETHYMNO (CRETE, GREECE) | |
|-------------------|---------------------------------------|-------------|
| ★ ★ ★ ★ ★ | Triple room | Double Room |
| Bed and Breakfast | 490,00 € | 630,00 € |
| Additional Night | 70,00 € | 90,00 € |
| Meals Dinner | 20,00 € | 20,00 € |
| Lounge | Per meal | Per meal |

DEADLINES

1 February 2020: Nominative registration; Accommodation package 50% deposit.

1 May 2020: 50% refund for all cancellations before this date.

1 June 2020: Final deadline for accommodation package reservation and final balance.

The package rates are in Euros, **per person per 8 days (7 nights)** and includes:

- accommodation at 3-star or 4-star or 5-star hotel located in Rethymno - Crete (Greece) inclusive of breakfast and local transport.
- local city tax = to be paid directly on-site upon departure 2-5 euros per room per night depending of the stars of the hotel.
- Drinks at meals not included to be paid on spot



Excursions

Preveli Lagoon (half day)

38km south of Rethymno, shortly before you arrive at the historic Monastery of Preveli, a track on the left hand side leads downhill to a parking place.

After approximately 15-minutes downhill walk you arrive at the beautiful sandy beach with palm trees, where the River Kourtaliotis into the sea.



Knossos Palace (half day)

According to tradition, it was the seat of King Minos and the capital of his state. The palace of Knossos is associated with the exciting myths "the Labyrinth and the Minotaur" and "Daedalus and Icarus".

It is the first painting showing artistic gymnastics. A kind of "vault" movement.

The sport, unlike bullfighting, did not require the killing of the bulls. Its purpose was to highlight the courage and flexibility of the athletes. Four men and women were holding wooden sticks and walking around the bull, one of them trying to climb the animal's back and holding his horns carried out various acrobatic exercises.



Santorini (full day)

The most famous island in Cyclades, will capture you with its beauty and stunning Caldera views.

Many reasons made this island with more than 4.500 years of cultural history famous worldwide.

It is the southernmost island in the complex of Cyclades in the Aegean Sea. The unique view from caldera, is considered to be one of the most fascinating views globally. The inspiring beauty and the romantic vibes of the island are the most important reasons for being ranked as one of the top islands in Europe and a must see destination in the world.



Local organising committee:

- **ATHANASIOS VASILEIADIS** _ LOC President
- **NIKOLAOS PROVIAS** _____ Executive Director
- **MARIA PAPADOPOULOU** ___ Event Manager
- **ARGIRIS RIGOPOULOS** ____ Head of Finance
- **NIKOS VASILEIADIS** _____ Head of Accreditation
- **NIKI TROULI** _____ Deputy Head of Accreditation
- **CHRISTOS TRANTALIDIS** ___ Marketing Manager
- **STAVROS LIANANTONAKIS** _ Accommodation, Food &
- **THODORIS GANTADAKIS** ___ Beverage Manager
- **IOANNIS GAITANIS** _____ Medical Officer
- **GRIGORIS BOGDANIS** _____ Responsible for Forum
- **KOSTAS POLIOUDAKIS** ____ Responsible for Transport
- **SOPHIA MODE** _____ Event' Secretary
- **LIANA GEORGOPOULOU** ___ Choreographer/Responsible person for Gala/Closing
- **ANDREAS BENAKIS** _____ Responsible for workshops
- **OLYMPIA DRAGOUNI** _____ Choreographer/Responsible for Ceremonies
- **MATHIOS ZOUMADAKIS** ___ Responsible for Technical Equipment
- **NIKOS KIOURTSIDAKIS** ____ Official LOC Photographer



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