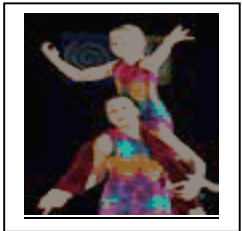


2010 Canadian Gymnaestrada, June 30 – July 4, 2010



1st Information Bulletin

WHERE: Winnipeg, Manitoba

Come join us in Winnipeg for the 2010 Canadian Gymnaestrada and celebrate Canada Day in the heart of Canada!

Hosted jointly by Manitoba Gymnastics Association and Rhythmic Gymnastics Manitoba, the 2010 Canadian Gymnaestrada will be held at the University of Manitoba Investors Group Athletic Centre the host venue of 1999 Pan American Games Rhythmic Gymnastics Competition and Max Bell Centre.

Accommodations will be available at the University of Manitoba and surrounding hotels.

WHEN: June 30th – July 4th, 2010

WHO: All GCG registered members

Athletes from all disciplines (WAG, MAG, AG, RG & TG) are encouraged to participate to make this truly a Canadian Celebration of Gymnastics.

WHAT: Performances and workshops

Beside the official Gymnaestrada program (performances & workshops), participants will have the opportunity to perform as part of the Canada Day festivities and attend the evening events including the fireworks display.

NOTE: Groups planning to attend the 2011 World Gymnaestrada must attend the 2010 Canadian Gymnaestrada.

- **To show part of their 2011 WG routine**
- **To determine the final allocation of Indoor Group performances at the 2011 WG**
- **To attend the 1st information meeting for 2010 WG Group managers**

1. Gymnaestrada Provisional Schedule:

Day 1: Wednesday, June 30:

Day 2: Thursday, July 1:

Day 3: Friday, July 2:

Day 4: Saturday, July 3:

Day 5: Sunday, July 4:

Arrival and Team Manager Meeting

**City Performances, Opening Ceremonies and
Canada Day Festivities**

Workshops and Performances

Performances and Closing Ceremonies

Sightseeing and Departures

2. Groups:

- Minimum recommended participant age is 10 years of age
- Performance Group size are a minimum 10 participants (on the floor at all times)

3. Performances:

- The main performance venue is the Investors Group Athletic Centre at the University of Manitoba.
- The performance surface will be 40 x 40 foot artistic non-sprung floor
- Apparatus will be limited to mini-trampolines, boxes, benches, and trampolines. Special apparatus requests should be directed to the organizing Committee for consideration.
- Performances will be 5, 10 or 15 minutes in length, as per the current time allotments for the 2011 World Gymnaestrada. (City and Indoor Group performance times).
- We are working with the Canada Day Festivities. More details to come

4. Accommodation Information:

- Types of accommodations available at the University of Manitoba:
 - o Student Dormitory type – Single rooms, Double rooms with two single beds
 - o Suite style Residence - These are 2 bedroom suites each with 1 double bed, self contained bathroom, temperature control, kitchenette with Fridge and Microwave.
- A Meal Plan package will be available
- Residences are within walking distance to the Gymnaestrada venues and 20 minutes bus ride to downtown.
- On Campus parking will be available at fixed price
- Hotels will be identified in future bulletins.

5. Planning Information

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| - Second Information Bulletin | September 2009 |
| - Initial Registration & Initial Deposit | October 15, 2009 |
| - Confirmed Registration & 2 nd Payment | January 15, 2010 |
| - Detailed Registration & Final Payment | March 30, 2010 |