

2020

European
Gymnastics
Golden Age
Gym Festival



rethymno

3 - 8 October 2021



BULLETIN 01

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ΠΑΝΕΠΙΣΤΗΜΙΟ ΚΡΗΤΗΣ
1977-78 { 40 } 2017-18
χρόνια





#Live
the Golden
Experience



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Dear Gymnastics friends

We are living in a strange time now with the Covid -19 virus spreading around the world. This year has been a very strange and challenging time for all of us but we hope that we can start living our „normal“ life again very soon.

Your health and safety is our first priority! European Gymnastics, the European Technical committee of Gymnastic For All and the Organizer of the Golden Age Gym Festival are working closely together to make sure that our festival will be as safe as it can be to make sure that people will stay healthy.

As you all know we had to postpone the Golden Age Festival until 2021. That was a big and difficult decision, but the right one.

Time flies and within a year you will hopefully be in wonderful Rethymno for the 7th edition of Golden Age Gym Festival.

I can assure you that the Greek Local Organizing Committee is preparing great events full of surprises for you.

We hope that in Rethymno you will experience the best gymnastics week of your life, performing, taking part in different Workshops and socializing with friends from all over Europe. Besides Gymnastics, Rethymno can offer beautiful nature, great history, 20 km long sandy beaches very good wine and gastronomy.

We hope that you will leave Crete inspired, with a big smile and ready to come back to our next Golden Age Gym Festival 2022 in Portugal.

The beautiful city of Rethymno is waiting for you.

Looking forward to seeing you all in Crete!

Hlíf Thorgeirsdóttir

President of the TC-GFA-European Gymnastics

#Live the Golden Experience



Dear Gymnastics friends,

The Covid-19 pandemic has produced a series of changes in our way of life and the 2020 international sport calendar, among many other things, has been seriously affected.

Consequently the 7th Golden Age Gym Festival has been postponed for next year and will be held from October 3rd to 8th, 2021, in order to guarantee that everybody will have the opportunity to visit the beautiful isle of Crete without any health concern or travel restriction whatsoever. These hard times our world is facing will soon be over and, hopefully, we will all be able to return to normality.

In the meantime, preparations will continue in the city of Rethymno, which will be more than ready to host this huge gymnastics celebration in the best way possible. We are confident that a record-breaking number of participants will indeed attend the Festival and enjoy a memorable experience: The natural beauty of Crete, the rich gymnastics activities and the famous Greek hospitality will make the 7th Golden Age Gym Festival well worth waiting for!

Once again, we give our thanks to European Gymnastics for the opportunity handed to the Hellenic Gymnastics Federation, and also to the Region of Crete, the Municipality of Rethymno and the University of Crete, who have been supporting and sharing our vision, too.

Stay healthy, stay strong and mark the 7th Golden Age Gym Festival on your calendar for next October. We will be happy to welcome you all in Rethymno and celebrate together the joy of life and gymnastics!

Athanasios Vasiliadis

President of the Hellenic Gymnastics Federation



Presentation of the LOC



Athanasios Vasiliadis
President of LOC



Nikos Provias
Executive Director



Angeliki Giannakaki
Administration
Manager



Liana Georgopoulou
Responsible
for Ceremonies



Sophia Mode
Event's secretary



Andreas Benakis
Workshops Director



Christos Trandalidis
Web & Social Media
Director



Stavros Galeros
Technical Support
Director



Giannis Parasiris
Responsible
for transportation



Olympia Dragouni
Choreographer / Flash
Mob & Ceremonies
Director



Foteini Mellou
Venues Manager



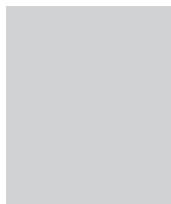
Argiris Rigopoulos
Head of Finance



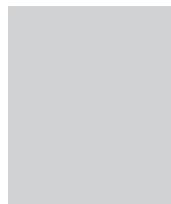
Maria Papadopoulos
Event Supervisor



Nikos Vasileiadis
Head of Accreditation



Ioannis Gaitanis
Medical Officer



Stavros Lianantonakis
Food & Beverage
manager



Welcome
to Rethymno

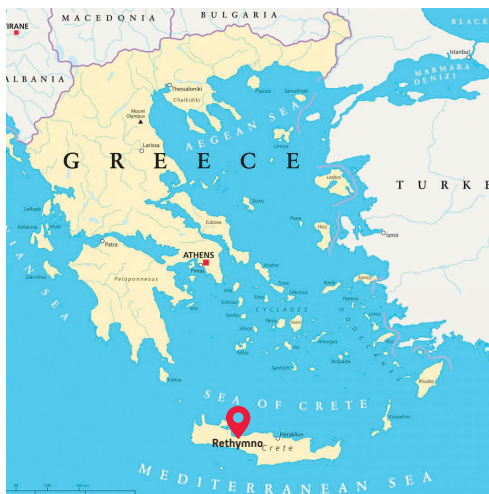
Welcome to Rethymno

- 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.

- An organized sandy beach, more than 20 km long, is stretching from the town of Rethymno in an easterly direction towards the areas of Perivolía, Platanés, Adelíanos, Kapos, Skaleta.

- Rethymno is widely known as “the city of letters and arts”. The local department of the University of Crete (Departments of Humanitary Studies) counts about 9.000 students. Cultural events are organized

throughout the year, such as the Renaissance Festival, the famous Carnival of Crete and the Guinness World Record winning Treasure Hunt!



Crete in numbers



- 650.000: Approx. total population
- 260: Kilometers long
- 1.200.000: Approx. number of tourists visiting Crete during summertime
- 100.000: Average number of tons of olive oil produced on the island per year.
- 12.000.000: Approx. number of sheep and goats for animal farming.

Welcome to Crete - Fun Facts

Crete has always been an extraordinary blend of cultures, with a unique variety of images and experiences awaiting to be explored by its numerous visitors. Here are some fun facts about our beautiful island:

- Crete is where modern European civilization began – while you're here, don't miss the opportunity to discover the Minoan Civilization and the Palace of Knossos, Europe's oldest city!
- Crete is where Zeus, King of the Greek gods, was born (*Well, that's just a legend, but then again...*)
- All animals on Crete are harmless... thanks to Hercules! (*Yes, it's true that there are no venomous animals or big predators in Crete. No, we don't have proof that Hercules got rid of all dangerous animals on the island to honour his father's birthplace...*)
- Hippocrates suggested that Crete's air is beneficial in healing several illnesses. Breathe in and feel the healing effects of this same air, still beneficial after 2500 years!
- Crete is a geological miracle, with over 3.000 caves, over 400 canyons, over 50 peaks higher than 2.000m to admire and explore.
- Crete's gold is of course the Olive Oil. There are more than 35 million olive trees on the island and the annual consumption is somewhere between 22 and 34 kilograms (*Per person....!*)
- Crete is the biggest island of Greece, so it's quite autonomous: It has its own idiom, art, literature and culture. Embroidery, pottery, music, literature and traditional dances are only some of the arts that form our unique cultural heritage.



Greeks Words to help you get around

GREEK WORDS	PRONUNCIATION	MEANING
Ναι	Ne	Yes
Όχι	Ohi	No
Ευχαριστώ	Efharisto	Thank you
Παρακαλώ	Parakalo	You're welcome
Καλημέρα	Kalimera	Good morning
Καλησπέρα	Kalispera	Good evening
Καληνύχτα	Kalinihta	Good night
Γεια σου / Γεια σας	Yassou / yassas	Hello
Γεια μας !!!	Yamas!!!	Cheers!!!

Useful INFO

EMERGENCIES:

First Aid: 166

Police Department: 100

Fire Department: 199

Hospital: +30 28313 42100
Trantalidou str. 17,
74100 Rethymno

LOC:

+30 28310 77 597

+30 6974 864 067

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 3rd to 8th October 2021, Rethymno city will host the most important European Gymnastics 50+ Gymnastics Festival: Golden Age Gym Festival! The European Gymnastics 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 European Gymnastics 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 European Gymnastics. European Gymnastics 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.

GAGF Rethymno Info

Important note:

- **Refund policy in case of cancellation of the event due to the Covid-19 pandemic:** In that case, all payments will be refunded, except of the non-refundable preliminary registration fee (14€).
- Participants booking their accommodation through the LOC will receive their accommodation details one month before the event.
- **Insurance info:** Accident / illness insurance is obligatory for all participants. All federations will be asked to sign and send back a relevant proof document.
- **Flash Mob:** Our Flash Mob choreography is a combination of familiar, beloved dancing tunes and the beautiful Cretan musical tradition! In the first part, we will dance ABBA's famous Mamma Mia. In the second part, we move in the rhythm of Cretan traditional "Pentozali" Prepare yourselves for this exciting dancing experience! You can find the Flash Mob video in the following link: <https://youtu.be/0CKiQGInNqS>



Programme of the week

Sunday 3/10	Monday 4/10	Tuesday 5/10	Wednesday 6/10	Thursday 7/10	Friday 8/10
	Meeting LOC+HOD (obligatory) 8.30 - 8.45	Meeting LOC+HOD (obligatory) 8.30 - 8.45	Meeting LOC+HOD (obligatory) 8.30 - 8.45	Meeting LOC+HOD (obligatory) 8.30 - 8.45	Meeting LOC+HOD (obligatory) 8.30 - 8.45
		Workshop 9.00 - 10.00	Workshop 9.00 - 10.00	Workshop 9.00 - 10.00	Workshop 9.00 - 10.00
		Workshop 10.15 - 11.15	Workshop 10.15 - 11.15	Workshop 10.15 - 11.15	Workshop 10.15 - 11.15
		Workshop 11.30 - 12.30	Workshop 11.30 - 12.30	Workshop 11.30 - 12.30	Workshop 11.30 - 12.30
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 17.30					Rehearsal Gala/Closing 14.00 - 16.00
Parade start 18.00	City Performances 18.00 - 20.00	City Performances 18.00 - 20.00	City Performances 18.00 - 20.00	City Performances 18.00 - 20.00	Gala / Closing 17.30 - 19.00
Opening 18.30 - 20.00					
		Party 20.30 - 00.00	GAGF 2022 19.30 - 20.30	Party 20.30 - 00.00	Farewell Party 20.30 - 00.00

Opening Ceremony

The opening ceremony will take place on Sunday 3rd October at the Venue no1 - Beach Front. It will be an about one hour long show, starting at 18:30. Throughout the performances, we will do our best to welcome you in our country.



Parade

The parade of the Golden Age Gym Festival will have three different starting points - all synchronized to end up simultaneously on the beautiful beach front of Rethymno, in Venue no1, where the Opening Ceremony will take place. The walking distance for each parade will be approximately 500 meters.

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 groups should be ready to perform 30 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 require additional help from the LOC, please provide a written request as soon as possible.

Educational Forum

AnyBody can dance - creative movement activities for all ages and skill levels

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 (near Venue 2) on October 5th at 12.00-13.30
- A certificate of attendance will be provided by the LOC
- The Forum is also open to people who are not participating in the GAGF



Lecturer: Dr. Olympia Agalianou
Special Teaching Staff in movement and music education
Department of Early Childhood Education
National and Kapodistrian University of Athens

The main pursuit of the forum is to provide teachers and coaches with methods and practices that can integrate every person to physical activities and dance, regardless the age and the skill level.

The forum is divided in two parts: the presentation of a brief theoretical framework and practical workshop associated with intermediate reflection parts. The content comes mainly from the following domains: body music techniques, creative dance and guided improvisation based on Laban theory, circle dance and community dance.

Golden Age Gala / Closing

The Gala / Closing ceremony will take place on Friday 8th October, at the Venue No1 - Beach Front.

- **Duration & Theme**

The duration of the Gala/Closing is limited to 90 minutes. The duration of each performance is 3 minutes. The theme will be "Greek Mythology".

- **Registration & 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.

"Creta Friends"

While you are enjoying your participation in Golden Age Gym Festival, a new friendship can be born! In the capital of hospitality and friendship, Crete, don't miss the opportunity to share moments, an ice cream, a glass of wine, an open Workshop... a true Golden Experience! Every group will be paired with its "Creta friends" group, to give you the opportunity to make new friends for life! You will be informed about your pair one month before the event, together with the Workshop information.

#Live the Golden Experience



Meetings

- **Group leaders & HoD Meeting:**
Sunday 3 October 14.00 - 15.00 at the House of Culture
- **Daily HoD meetings:**
8.30 – 8.45 at the House of Culture



Important note:

- It is mandatory for all Heads of Delegation/Team Leaders of the federations to attend the Group leaders & HoD Meeting. Unjustified failure to attend will result in a sanction against the federation of 500€ payable to the European Gymnastics within one month after the meeting.
- Daily meetings with the Heads of Delegation must be organised. The participation of the Heads of Delegation is compulsory. Unjustified failure to attend will result in a sanction against the federation of a fine of 250€ per meeting payable to the European Gymnastics within one month after the meeting.

#Live the Golden Experience

Registration

Preliminary Registration Deadline: 22nd February 2021 (23h 59 CET)

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

Nominative Registration Deadline: 30th March 2021 (23h 59 CET)

Registration with participants' accommodation subscription.

50% deposit for Accreditation pass GAGF

Final Registration Deadline: 30th June 2021 (23h 59 CET)

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

Accreditation Pass GAGF

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

Transportation

- **Transport from and to airport:**

We provide transportation from and to the airports of Heraklion and Chania with private buses for all groups that are interested.

Round-trip cost for 20-30 persons: 30€ per person

Round-trip cost for 30-40 persons: 26€ per person

Round-trip cost for 40-50 and more: 22€ per person

**Bus departures will be scheduled in accordance with the arrival and departure flights of the groups interested.*



- **Local transport**

The LOC provides transportation

**from and to the official LOC hotels
for all groups to:**

- the workshops
- the ceremonies
- the city performances
- the Gala/Closing

PLEASE NOTE:

All local transport with the shuttle-buses reserved by the LOC is free of charge for all participants of the GAGF 2020, with the presentation of the Accreditation Pass.

Facilities

Venues

- **Venue no1 - Beach Front**
 - Stage 20m x 25m
 - Opening ceremony and Gala/ Closing
 - City Performances
 - Colour of the carpet: beige
 - Audience on one side



- **Venue no2 - Mikrasiaton square**
 - Stage 12m x 14m
 - City performances
 - Colour of the carpet: beige
 - Audience on one side



- **Venue no3 – St. George square**
 - Stage 14m x 14m
 - City performances
 - Colour of the carpet: blue
 - Audience on one side



#Live the Golden Experience



Screens

Video screens will be available to project information, live images and to support the performances.

Other Facilities

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 3rd October to 8th October 2021 non-stop from 08:30 to 00.00.

In the village you can also find:

- The Golden Age official boutique
- Local products' market
- Photo / video kiosk

House of Culture:

In the House of Culture, sited in the heart of the old town just next to Venue no2, you can find:

- The Golden Age info desk
- Accreditation desk
- Excursions desk
- Lost and found

The House of Culture is also the place where will be held:

- The daily group leaders and HoD meetings
- The educational forum

#Live the Golden Experience



Accommodation packages 8days | 7nights

Arrangement ★ ★ ★	3-STAR HOTEL RETHYMNO (Crete, Greece)		
	Triple room	Double Room	Single Room
Bed and Breakfast	315,00 €	385,00 €	560,00 €
Additional Night	45,00 €	55,00 €	80,00 €
Meals (lunch / dinner)	16,00 € Per meal	16,00 € Per meal	16,00 € Per meal
Arrangement ★ ★ ★ ★	4-STAR HOTEL RETHYMNO (Crete, Greece)		
	Triple room	Double Room	Single Room
Bed and Breakfast	385,00 €	455,00 €	665,00 €
Additional Night	55,00 €	65,00 €	95,00 €
Meals (lunch / dinner)	17,00 € Per meal	17,00 € Per meal	17,00 € Per meal
Arrangement ★ ★ ★ ★ ★	5-STAR HOTEL RETHYMNO (Crete, Greece)		
	Triple room	Double Room	
Bed and Breakfast	525,00 €	665,00 €	
Additional Night	75,00 €	95,00 €	
Meals (lunch / dinner)	22,00 € Per meal	22,00 € Per meal	

DEADLINES

30th March 2021: Nominative registration; Accomodation package 50% deposit payment.

30th May 2021: 50% refund for all cancellations before this date.

30th June 2021: 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

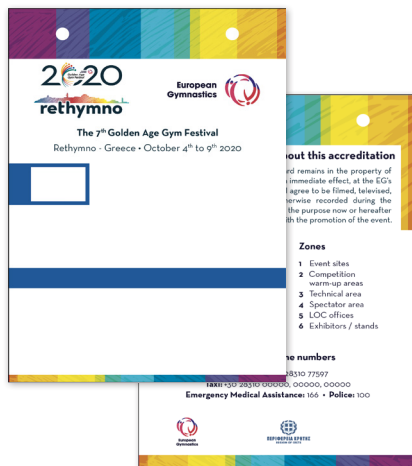


Accreditation Pass

Every participant will receive a personal accreditation pass.

This pass offers you:

- Access to all facilities
- Free transportation with the GAGF shuttle buses
- Various discounts in restaurants and shops of the city



Workshops

There are two different categories of workshops:

Closed Workshops



- 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



- 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
- 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 9.00 to 12.30.
- You can find a short description of each WS below, and a demo video online (European Gymnastics website, Youtube page: Golden Age Gymnastics Festival 2020.
- All groups will register for the closed Workshops using a registration form provided by the LOC. Deadline for the WS registrations: 30th June 2021.

PLEASE NOTE:

- Participants that do not register on time will only have the right to attend open Workshops.



Special Choreography



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 development and improvement of the performance. The LOC will contact the groups registered for the Special Choreography Workshop for further instructions.



Aerodance



*Olivier
Vanwambeke*



*Ag. Georgiou
Square*

This is a cardio training session for everybody. We will learn a choreography through cardiovascular training, and we will create a real choreography show! This year it will be "little monsters" style!



Beach Tennis



*Takis
Galeros*



*On the beach
50 Venizelou Av.*

Beach tennis is one of the fastest growing sports, which is because it is simple and what one needs to play is a company, an appetite, a racquet and a ball. We will enjoy it on the beach of our town.



Hatha Yoga



*Vasilis
Ikonomidis*



*On the beach
41 Venizelou Av.*

It includes: breathing techniques, techniques of self-concentration, dynamic dispositions, equilibrium exercises. Purpose: cleansing / detoxification of the internal organs, strength and elasticity in muscles and tendons. The ultimate goal is to achieve physical / mental and emotional health, strength and balance.

#Live the Golden Experience



Music Pilates with Tennis Ball



**Nina
Dorokhova**



**Building
"Dolphin"**

The program focuses on the core postural muscles which help keep the body balanced and which are essential to providing support for the spine. In particular, Pilates exercises teach awareness of breath and alignment of the spine, and aim to strengthen the deep torso muscles. It is important to think about what you are feeling, how it feels, and why you are doing this exercise. Nice music lets you enhance the experience of the lesson. Enjoy!



Piloxing Gold



**Katerina
Kirianitaki**



**Marina
Harbour**

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



Costal Rowing



**Alexandros
Antonovardakis**



**Marina
Harbour**

Rowing and techniques with traditional scooter boats in the city's harbor, seeing the wonderful image of the city from the sea.



Dynamic Walking



**Theano
Gavala**



7 Venizelou Av.

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



Beach Volley



Manolis Andonakis



Marina Harbour

The beach volley leisure is a pleasant sporting activity for all ages. The use of the ball with the hands tones the upper part of the body and at the same time the movement in the sand helps to develop the balancing possibilities of the body.



Tabata with Bands



Asimena Christoulaki



Agnostou square

Intermittent training programme where periods of intense exercise alternate with short rest periods, combining movement with exercise bands.



Cretan Folk Dance



Maria Palasi



**Lykeio
Hellinidon hall
79 Venizelou Av.**

The dances of Crete express the rich inner world of their people and have their roots in the ancient Minoan ceremonies. With dance and song the Cretan expresses his feelings, enthusiasm, disappointment, love and love.



Waterball



Cleopatra Panaretaki



Venetian Harbour

Waterball is a light and unbreakable medical ball with a variable amount of non-toxic chromatic water. Its weight starts at 1kg. You can roll them, shake them, grab them, throw them away or even tighten them without causing any damage to the equipment as well as to the trainee. Any type of training can be tailored to the trainee's specific characteristics. These propriety spheres are perfectly suited for rehab phases as each move can be strictly controlled to improve strength, balance and coordination skills. The combination is something unique!



Balletoning



**Vasia
Sakelariou**



**Cathedral
square**

This workout system combines elements of ballet, modern dance and jazz. It offers feelings of flexibility, balance and well-being.



Playing with Bodies



**Ioanna
Christoulaki**



**Venetian
Harbour**

Improving health and well-being through movement with partner. Movement with partner can be functional, communicative, emotional, developmental and expressive. Make your body "a prop" for someone else's body. More fun, more laugh through movement with a partner, easy exercises with music.



Playing like Kids



**Manolis
Philipakis**



**Nerantze
mosque**

Play is an important tool in human development. It contributes to the balance between body and soul. In this workshop "let's play like kids and have fun"



Zumba Gold



**Dimitra
Tsika**



**Mikrasiaton
square**

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



Greek Traditional Dances



Maria Maraki

Learn the music, the rhythm and the traditional dance of Greece.



Periigitiiki Club
St. Francis str.



Tango



Sophia Galanaki

Basic principles and technique. Analysis of the main principles of dance and music. We focus on exercises that help communicate and improvise. We learn the basic steps.



Iroon Politechniou square



Dansyng



Angeliki Tziraki

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



Sohora Stadium



Golden Age Functional Training



Eftichia Stagaki

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



Municipal garden (GAGF Village)

Combines elements of cardio, weight lifting, gymnastics, core training and more to prepare the body for the unexpected. The workouts are constantly varied, different every day, that are tailored to the individual with "relatively" high intensity levels that are adjusted to challenge the individual and safely improve fitness.



Aerobic by weights



**Despina
Karamitrou**



**Municipal
garden
(GAGF Village)**

Basic steps of aerobics combined with exercises of biceps and thighs of hands, shoulders, back, eyes, with the use of dumbbells of one kilogram give stimulation and wellness to the body.



Creative Pilates - Stretching Movement



**Euaggelia
Gasparaki**



**Open Basketball
Courts
4 Martires church**

Pilates is appropriate for anyone at any age to help them move with strength balance and flexibility.

Stretching increase flexibility in the joints. Helps achieve better coordinated movements and increased speed and power. The combination of both, increases wellness and revitalisation.



Stretching by sticks



**Christiana
Mavromataki**



Cathedral Square

The science of stretching. It helps in the development of balance, works out the back and abdominal muscles, and all the muscles of the body. It's a calm workout that focuses in the center of the body.



Stretching



Justina Bailey



**Municipal garden
(GAGF Village)**

It is a gentle and elegant series of stretches that stimulates all the muscles of the body and prevents atrophy.



Aquafitness



**Kathy
Delimbassi**



**Theartemis
Palace Hotel**

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 in water!

Deadlines Calendar

22
FEBRUARY

- Preliminary registration deadline
- Payment of preliminary registration 14€

22.02.21

30
MARCH

- Nominative registration deadline
- Payment deadlines:
 - 50% deposit for Accreditation pass
 - 50% deposit for Accommodation

30.03.21

30
MAY

- Refund deadlines:
 - 50% refund of paid Accreditation fee for all cancellations before this date
(Preliminary registration fee -14€- non refundable)
 - 50% refund of Accommodation for all cancellations before this date
- Please note:** Refund policy will be altered in case of cancellation of the event due to Covid-19 pandemic. See above, p.10.

30.05.21

30
JUNE

- Registrations deadlines:
 - Final registration
 - Workshops / city performances / Educational forum registration
 - Excursions
 - Arrival and departure info / Transfer from and to airport info
- Payments deadlines:
 - Remaining 50% of Accreditation pass
 - Remaining 50% of Accommodation

30.06.21

ΡΕΘΥΜΝΟ / RETHYMNO

ΧΑΡΤΗΣ ΠΟΛΗΣ / CITY MAP

0 100 100m



- 1 **Special Choreography**
to be announce
- 2 **Aerodance**
Ag. Georgiou Square
- 3 **Beach Tennis**
On the beach - 50 Venizelou Av.
- 4 **Hatha Yoga**
On the beach - 41 Venizelou Av.
- 5 **Music Pilates with Tennis Ball**
Building "Dolphin"
- 6 **Piloxing Gold**
Marina Harbour
- 7 **Costal Rowing**
Marina Harbour

- 8 **Dynamic Walking**
7 Venizelou Av.
- 9 **Beach Volley**
Marina Harbour
- 10 **Tabata with bands**
Agnostou square
- 11 **Cretan Folk Dance**
Lykeio Hellinidon Hall
79 Venizelou Av.
- 12 **Waterball**
Venetian Harbour
- 13 **Balletoning**
Cathedral square

- 14 **Playing with Bodies**
Venetian Harbour
- 15 **Playing like Kids**
Nerantze Mosque
- 16 **Zumba Gold**
Mikrasiaton Square
- 17 **Playing with Bodies**
Perigiti Club - St. Francis str.
- 18 **Tango**
Iroon Politechniou square
- 19 **Dansyng**
Sohora Stadium



- 20 Golden Age Functional Training**
Municipal garden (GAGF Village)
- 21 Aerobic by weights**
Municipal garden (GAGF Village)
- 22 Creative Pilates - Stretching Movement**
Open Basketball Courts (4 Martires church)
- 23 Stretching by sticks**
Cathedral Square
- 24 Stretching**
Municipal garden (GAGF Village)
- 25 Aquafitness**
Theartemis Palace Hotel


Close Workshops


Open Workshops


Shuttle • Bus Stop

Excursions

Enjoy an unforgettable golden experience in Crete, discovering its amazing landscapes, history and culture. Every excursion includes an English speaking guide, and various other languages upon request. The participants will pre-register for all excursions they want to book, with a relevant form sent by the LOC before the 30th June. Payments will be settled upon your arrival in Rethymno.

Please note: all of the following excursions can also be organized privately for the GAGF groups, every day of the week, for the same prices per person, with a minimum of 30 participants.



Knossos - Heraklion

Meet the first of all advanced civilizations in Europe! On this excursion you have the opportunity to visit the excavation sites of the Palace of Knossos, built in 2000 BC. Knossos was the prosperous Minoan Capital and the residence of King Minos. Some believe that the intricate Palace with its many rooms was the mythical labyrinth. The tour is followed by a visit to the Museum of Heraklion, where you can see the largest collection of Minoan findings from Crete.

PICK UP	8:00	INCLUDED
RETURN TIME	17:30	transfer & guide
PRICE	32 €	EXTRA CHARGES
		Lunch is not included

Entrance to Knossos Palace: 15€

Entrance to the Museum: 28€

If you wish to visit both the price is 16€ instead of 25€

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		✓			✓	



KNOSSOS EXPRESS *without visiting the city of Heraklion*

PRICE 30€ - Includes transfer & guide -

EXTRA CHARGES: Entrance to Knossos Palace: 15€ - Lunch is not included -

FLEXIBLE PICK UP TIME & DURATION

Samaria Gorge

Hike through the longest and richest in biodiversity gorge in Europe! On your Samaria gorge adventure, the bus will take up into the White Mountains to Omalos Plateau and the entrance of the gorge. There, at an altitude of 1.100m, you will begin the hike. After this strenuous but spectacular 16km walk, you will travel by boat for an hour, on an equally glorious trip from Agia Roumeli, the village at the end of the gorge, to Chora Sfakion, where the bus will be waiting to take you back to Rethymno. Good walking shoes are necessary.

PICK UP	7:30
RETURN TIME	20:00
PRICE	35 €

INCLUDED
transfer & guide

EXTRA CHARGES

Lunch is not included
Gorge entrance: 5€
Boat: 11€

Mon	Tue	Wed	Thu	Fri	Sat	Sun
✓		✓		✓	✓	



Gramvoussa - Balos Day Cruise

The bus takes you west through the outskirts of Chania to the port of Kastelli. Here starts our beautiful cruise. First stop, the small uninhabited island Gramvoussa with its imposing Venetian castle and breathtaking views. After 2 hours, the boat will take you to the lagoon of Balos. The fabulous clear water of the lagoon and the white coral sand makes an irresistible paradise for all guests.

PICK UP	8:00
RETURN TIME	20:00
PRICE	18 €

INCLUDED
transfer & guide

EXTRA CHARGES

Lunch is not included
Entrance: 1€
Boat: 28€

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	✓		✓			✓



Spinaloga - Agios Nikolaos

Visit "The island" of the famous book of Victoria Hislop, an unforgettable travel to time. This excursion takes you to the east side of Crete and Agios Nikolaos, a small town with a picturesque harbour where you find one of the two sweet water lakes of Crete. North of Agios Nikolaos is the well known port of Elouda from where you will take the boat to visit and explore the island of Spinaloga. This island was a Venetian fortress and was used as a Leper Colony until 1957. You can also swim in the crystal clear water.

PICK UP	8:00
RETURN TIME	20:00
PRICE	27 €

INCLUDED

transfer & guide

EXTRA CHARGES

Lunch is included

Entrance to Spinaloga

archeological site: 8€

Boat: 10€

Mon	Tue	Wed	Thu	Fri	Sat	Sun
✓						



Elafonissi

After a two hours bus ride along the north coast, we turn towards south into the heart of Crete. In Elafonisi, the south westerly point of Crete, you have 3 hours time to swim in the crystal clear waters and enjoy the beautiful sandy beach and its surrounding nature.

PICK UP	8:00
RETURN TIME	19:00
PRICE	30 €

INCLUDED

transfer & guide

NO EXTRA CHARGES

Lunch is not included

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	✓		✓			✓



Chania City - Akrotiri / Monastery Tsagarolon

In this excursion we will visit the Monastery of Tsagarolon. One more beautiful photo-stop follows in Akrotiri, at the tomb of famous Eleferios Venizelos. The last stop is at the city of Chania. Here, Turkish and Venetian architectural styles meet and form a very impressive townscape. Especially in the old town, narrow streets and alleys, old mansion and arcades, mosques and minarets bear witness to the long presence of Venetians and Turks. All this creates an exceptional atmosphere, and it is no wonder that Chania is considered to be one of the most beautiful towns in Crete.

PICK UP	8:00	INCLUDED
RETURN TIME	19:00	transfer & guide
PRICE	30 €	EXTRA CHARGES
		Lunch is not included
		Monastery of Tsagarolon: 5€

Mon	Tue	Wed	Thu	Fri	Sat	Sun
✓	✓	✓	✓	✓	✓	✓

 minimum number of participation 30 pax



Chania City *half day*

The city of Chania constitutes a crossroad of civilizations and continents with a long history, natural beauty, unique architecture and rich tradition. The main characteristic of the city is the Venetian port of the old city with the Egyptian lighthouse that has survived for many centuries and attracts the eye of residents and visitors.

PICK UP	*	INCLUDED
RETURN TIME	*	transfer & guide
PRICE	20 €	NO EXTRA CHARGES
		Lunch is not included

* Flexible

Pick Up Time & Duration

Mon	Tue	Wed	Thu	Fri	Sat	Sun
✓	✓	✓	✓	✓	✓	✓

 minimum number of participation 30 pax



Preveli

Visit the amazing palm forest of Preveli and Damnioni beach, located on the South Coast. The first stop is at Kourtaliotiko gorge which is one of the most impressive gorges of Rethymno for some beautiful photos. The bus then takes you to Damnioni beach with its beautiful turquoise waters and white sand. Upon arrival, you will take the boat to visit Preveli Palm Beach, one of the most spectacular beaches in Crete, an ideal place for swimming and relaxation. You may visit the palm tree forest and then the boat takes you back to Damnioni. This excursion will offer you an unforgettable experience!

PICK UP	8:30	INCLUDED transfer & guide
RETURN TIME	16:30	EXTRA CHARGES Lunch is not included Boat: 12€
PRICE	20 €	

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		✓				



Samaria Koyrnas - Argyroypoli - Plakias *South Trip*

Enjoy this magnificent tour of South Crete! The first stop is at Kournas Lake, the largest and most beautiful natural lake of Crete, surrounded by mountains. Then we visit the village of Argyroypoli which combines natural beauty and history. The area is famous for its springs with waterfalls, its old mills and the lush green landscape. Then we reach the wonderful village of Plakias by the sea where you can enjoy a swim or have lunch. Afterwards we will visit the well known monastery of Preveli. On our way back you will have the chance to admire the breathtaking Kourtaliotiko gorge.

PICK UP	8:30	INCLUDED transfer & guide
RETURN TIME	17:30	EXTRA CHARGES Lunch is not included Monastery of Preveli: 3€
PRICE	25 €	

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	✓			✓	✓	



Myli - Agios Antonios

You don't need to travel far to explore some of the beautiful gorges of Crete. On this trip we visit two impressive nature treasures - Myli Gorge and The Gorge of Patsos. We walk through Myli Gorge – a beautiful and easy hike of approximately 1 1/2 hour. By bus we continue into the Vally of Amari where we get astonishing views over the valley and surrounding mountains, among others, Psiloritis, the highest mountain on Crete. We visit the breathtaking Gorge of Patsos, the cave church of Agios Antonios. Lunch is served in the gorge at the tavern which is famous for local dishes. After lunch we return to Rethymno.

PICK UP	9:00
RETURN TIME	16:00
PRICE	15 €

INCLUDED
transfer & guide

NO EXTRA CHARGES
Lunch is not included

Mon	Tue	Wed	Thu	Fri	Sat	Sun
✓	✓	✓	✓	✓	✓	✓

 minimum number of participation 30 pax



Arkadi - Eleftherna - Margarites

Archeology and culture are the highlights on this half day trip. The Monastery of Arkadi has played a big part in the Cretan Resistance and has also been an important place for science and art since the 16th century. We visit the monastery and continue to the museum of Eleftherna where we get a stunning view over the excavated ancient city-state. The museum - Homer in Crete - exhibits a span of a period over three and a half millennia. Our last stop is in Margarites located in the picturesque green rolling hills of Rethymno. The village is well known for its pottery makers whose century - old ceramic tradition has made Margarites the undoubtedly most important pottery center of Crete.

PICK UP	9:00
RETURN TIME	16:00
PRICE	15 €

INCLUDED
transfer & guide

EXTRA CHARGES
Lunch is not included
Arkadi: 3€ / Eleftherna: 4€

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					✓	

Extra days any day of the week except Tuesday
the museum of Eleftherna is closed.



Safari 4U - Limited Edition!

Safari4U invites you to experience a safari style excursion exploring the unique elements of rural Crete. You have the choice to drive a 4x4 jeep vehicle through unknown, beautiful off road tracks, or participate as a passenger. Visit with us the tiny village called Kato Malaki and have a coffee and local pastry at Ms Soula's home. Meet the locals and the authentic Cretan culture, before heading to the beautiful beach of the South Coast called Polirizos, for a refreshing swim and a traditional Cretan lunch. Last stop the coastal village of Plakias, perfect place for a coffee or souvenir shopping.

PICK UP	8:30
RETURN TIME	18:00
PRICE	70 €

INCLUDED

Transfer from G to Hotel
Vehicle & Fuel, Guide,
Coffee With Locals,
Full Meal, Photos of
your day

Mon	Tue	Wed	Thu	Fri	Sat	Sun
✓	✓	✓	✓	✓	✓	✓

 Private GAGF tours for 15pax or more

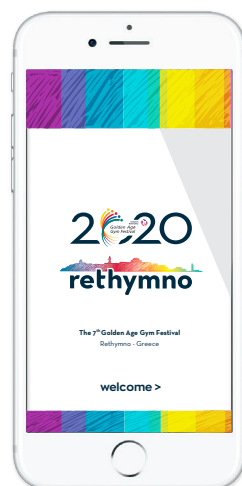


THE GAGF ONLINE

Find us on the internet for instant access to all published material and information.

- Our event on the European Gymnastics Official Site:
<http://bit.ly/GoldenAge2020>
- Facebook page:
<https://www.facebook.com/goldenage2020/>
- Instagram:
<https://www.instagram.com/goldenage2020/>
- Youtube channel:
<http://bit.ly/youtubeGoldenAge2020/>
- The GAGF 2020 App (for smartphones and tablets)

We are currently designing a web-application that will be distributed to all participants of the event. This will be the Event Guide for the HoDs and it will offer all the necessary details about the programme, workshops, locations and the event in general.



Official Merchandise

The official GAGF 2020 merchandise will be available for purchase in the Golden Age Official Boutique, located in the GAGF Village:

- T-shirts
- Hats
- Mugs
- Fridge magnets etc.



Co-organizers of the event



ΠΑΝΕΠΙΣΤΗΜΙΟ ΚΡΗΤΗΣ
1977-78 {40} 2017-18
χρόνια



ΕΛΛΗΝΙΚΗ
ΓΥΜΝΑΣΤΙΚΗ
ΟΜΟΣΠΟΝΔΙΑ
HELLENIC GYMNASTICS FEDERATION





3 - 8 October 2021

