



GYMNAESTRADA TEAM

Can you do round-offs, handstands, kickover from a bridge, and love to roll? Do you love making up routines and showing them off to friends and family? Then the Phoenix Gymnaestrada Team is right for you!!

The Phoenix Gymnaestrada Team is a non-competitive performance group that displays a choreographed routine to local and provincial audiences in the Spring. The class focuses on group choreography, group acrobatic skills and refining individual tumbling skills.

Who: All Gymnaestrada Team members **MUST** be a **MINIMUM of 9yrs old** (Grade 4 plus) and are in Badge 4 or higher.

What to expect: Introduction to Acrobatic gymnastics partnering and group tricks, refinement of individual tumbling skills, choreography development and group routines along with fun games and fitness challenges presented throughout practice! The Gymnaestrada program is designed as an additional program and does not focus on individual skill acquisition. Please select an additional recreation program at the appropriate level for your child.

Cost: \$110/month & "Developmental Membership 2024/2025" upgrade + GST & SF

NOTE: Gymnaestrada Team participants require the "Developmental Membership 2024/2025" and it costs \$185.75+tax. If you already have the "Recreation Membership 2024/2025" we will credit the cost and upgrade the membership for you.

Training Schedule: Saturdays from **11:30 - 1:00 PM** starting January 2025 - May 2025.

Performances: All performances are MANDATORY, please do not register if you are not able to commit to the performances. Here are the scheduled performances:

- **Alberta GymFest: May 3-4, 2025**

Location: Ortona Gymnastics (Saville Community Sports Centre, Edmonton)

Registration fee: \$200 (plus your share of any outstanding coaching fees/travel costs)

Due: March 2, 2025 (*credit or debit *add 5%* or cash*).

- **Beaumont Days Parade: end of May 2025 (date TBC)**

Location: Beaumont, Alberta

Cost: Adult Volunteer Required (one adult/athlete **MUST** assist with parade day activities)

Due: Sign-up for duties will be posted on the blog at the beginning of May 2025

Additional Costs:

- Teamwear - all participants are required to purchase the team attire and performance outfit (cost TBD, but will be under \$250).
- Fundraising - all participants **MUST** participate in the Purdy's Easter Chocolate fundraiser (minimum expectation 10 items sold) - *fundraiser payout option is available*.

If you are interested in registering please email: phoenixcoach.ab@gmail.com

Kari Binder
Program Manager
Phoenix Gymnastics

