



# 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:** \$105/month & “Developmental and Teams Membership 2023/2024” upgrade + GST & SF

**NOTE:** Gymnaestrada Team participants require the “Developmental and Teams Membership 2023/2024” and it costs \$178.75+tax. If you already have the “Recreation Membership 2023/2024” we will credit the cost and upgrade the membership for you.

**Training Schedule:** Saturdays from 11:30 - 1:00 PM starting Jan. 2024 - end of May 2024.

**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: Exact dates TBD (usually end of May 2024)**

Location: CALGARY, AB

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

Due: March 2, 2024 (*credit or debit \*add 5%\* or cash*).

*\*We will be looking for a few other opportunities, but will confirm availability with the team before committing.*

## Additional Costs:

- Teamwear - all participants are required to purchase the team jacket 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 - payout option available).

If you are interested in registering please email: [phoenixcoach.ab@gmail.com](mailto:phoenixcoach.ab@gmail.com)

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