

GYMNAESTRADA 2025

Location	Titans Gymnastics & Trampoline Club 40 Broom Road, Dartmouth – 902-466-5470
Parking	Lots of free parking on site 😊
Venue	Titans has a large facility with plenty of viewing space in the mezzanine upstairs. If someone has mobility challenges, there will be options to view from the ground floor in the gym.
Entrance Fee	Free
Gymnaestrada Merch	PMG Spirit Wear will be on-site to provide Gymnaestrada Merch for Purchase 😊

Participant Groups

Athletics Gymnastics Academy (34)

Digby and Area Gymnastics Club (16)

Halifax ALTA Gymnastics Club (8)

Illusions Rhythmic Gymnastics Club (26-28)

Sparkle Dance Academy (10)

Titans Gymnastics & Trampoline Club (68)

***Music** - please bring music on a Bluetooth-enabled device (i.e., phone)

****Introduction** - please bring a written introduction for each group - you can introduce them yourselves or we will do it for you 😊

SCHEDULE

9:00am-9:10am	Welcoming Remarks and March In
9:10am-9:30am	Warm Up and EDIA Q&A
9:30am-10:00am	Demonstrations
10:00pm-10:30am	Group Warm Up
10:30am-11:15am	Group Performances
11:15am-11:30am	Group Pictures and Draws
11:30am-11:45am	Closing Remarks
11:45am-12:00pm	Snacks
