

GYMNAESTRADA

Workplan

Location

📍 Halifax Alta Gymnastics Club

3360 Barnstead Lane

Parking constraints - please have parents plan to drop participants off at the door for registration, workshops and lunch, when spectators return to watch - they'll likely be directed to park at the Bayers Rd. Mall, or find alternate parking. Parking restrictions will be confirmed this coming week.

Schedule

Jun 17, 2023

Session 1: Titans Group 1 (30), Titans Group 3 (12), Alta Group 1(20), Alta Group 2(20) total (82)

10:00am - Registration

10:00-11:00am - Juggling Workshop w/Breaking Circus

11:00-11:05am - Welcome/Land Acknowledgement

11:05-11:10am - Breaking Circus Performance

11:10 - 11:40pm - Session 1 Warmup - Dance warmup with Vaughn Arthur and then 5 minutes open floor time per group

11:40-12:20pm - Session 1 Introduction/Performances

12:20pm - Session 2 Lunch - Subway

Due to parking restraints, we will ask all participants from Session 1 to leave before Session 2 Registration.

Session 2: Titans Group 2 (30), Alta Group 3 (20), Alta Group 4 (15), AGA Group (15) total (80)

1:15pm - Registration

1:15-2:15pm - Dance Workshop w/Meredith Kalamán

2:15-2:20pm - Mass group performance

2:20-2:50pm - Session 2 Warmup - Dance warmup with Vaughn Arthur and then 5 minutes open floor time per group

2:50-3:20pm - Session 2 Welcome/Introduction/Performances

3:20pm - Session 2 Lunch - Subway

Participating Groups:

Titans Gymnastics (total 72)

Group 1 30

Group 2 30

Group 3 12

Halifax Alta (total 75)

Group 1 - recreational 20

Group 2 - recreational 20

Group 3 - recreational 20

Group 4 - Comp 15

Athletics Gymnastics Academy (total 15)

Group 1 - recreational 15

Music - please bring music on a bluetooth enabled device (ie phone!)

Introduction - please bring a written introduction for each group - you can introduce them yourselves or we will for you.