

Provisional programme

		Saturday 03/10	Sunday 04/10	Monday 05/10	Tuesday 06/10	Wednesday 07/10	Thursday 08/10	Friday 09/10	Saturday 10/10
Mornings		Arrivals Participants - City Visit LOC + HOD	Arrivals Participants - Meeting HOD and Group Leaders - Parade - Opening Ceremony - Dinner	Meeting HOD + LOC - City orienteering	Meeting HOD + LOC Physical wake-up - Workshops	Meeting HOD + LOC Physical wake-up - Workshops	Meeting HOD + LOC Physical wake-up - Workshops	Meeting HOD + LOC Physical wake-up - Workshops	Departure Participants
After- noons and evenings				Excursions - City Performance - Dancing evening	Excursions - City Performance - Dancing evening	Excursions - Forum - City Performance	Excursions - City Performance - Dancing evening	Excursions - Gala rehearsal - Gala	

The “Golden Age Gym Festival” is all about gymnastics, leisure, social and cultural activities as well as friendships and intercultural exchanges.

Here are the main words of this week. The week will be filled up with the following events:

- **Parade & Opening Ceremony**
- **City Orienteering**
- **City performances**
- **Workshops**
- **Cultural & social activities**
- **Educational Forum**
- **Closing Gala**

As usual, every morning we will have a meeting with all Heads of Delegation in order to give you some more detailed information.

Do you wish to arrive earlier or stay a bit longer to explore Les Sables d'Olonne and its area? Contact us!!