

Event Guide

10th Golden Age Gym Festival



European
Gymnastics



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Dominique Mérieux

President of the French Federation of Gymnastics



Dominique Mérieux

Dear gymnastics friends,

The city of Les Sables d'Olonne is finally ready to welcome you for the 10th edition of the Golden Age Gym Festival. After months of intense labour, the Local Organizing Committee (LOC) finalizes the last details to welcome you as one of the 2,000 participants.

On behalf of French Federation of Gymnastics, be welcome in our beautiful country, full of richness and culture. On the coastline of the Atlantic Ocean, you will enjoy an ideal life place for a week full of workshops, city performances and encounters. During this week, you will live in the rhythm of our traditions and the ones of the city rich of its history and its legend.

In order for you to anticipate every moment of this unique experience, the LOC proposes this Event Guide where you will discover, in detail, the schedules, the sites and the moments of meetings which have been prepared especially for you. From the opening parade in the streets of Les Sables d'Olonne to the gala which you will build thanks to your many performances, you will be the heroes of the edition 2026 to live a magical and an unforgettable week.

I want to thank all the people who built the event, starting by the LOC, and its President, Luc Le Roy, whose I measure all the commitment since June 2024. Thank you to its teams, the local club of Beauséjour who brought the soul of the place. Thanks also to the City, the Agglomeration and the Tourist Office of Les Sables d'Olonne who have, together found all the solutions to the challenges faced.

Thank you to all the volunteers and the local associations who are fully committed to make this event a success.

Thank you, also, to European Gymnastics, its President, Farid Gayibov, its General Director, Lisa Worthmann, and its teams around the Gym For All Technical Committee for their trust.

Finally, thank you to the National Technical Direction and the employees of the Federation for their support while preparing this event.

May you all enjoy the Golden Age Gym Festival!

Ricardo Lima

President of the European Gymnastics Gymnastics For All Technical Committee



Welcome to the Golden Age Gym Festival 2026!

We are delighted to welcome you to Les Sables d'Olonne, France, for an unforgettable edition of the Golden Age Gym Festival. This year marks a historic milestone, with a record number of 21 participating countries and more than 2,000 participants joining us for a week of celebration, movement, fun and friendship.

Throughout the festival, you will have the opportunity to enjoy a rich and diverse programme featuring workshops, city performances and social activities, designed to inspire, challenge, and bring out the best in every participant.

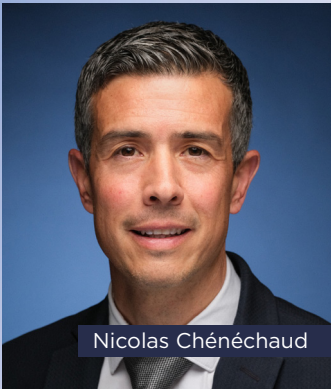
Beyond the gymnastics activities, we invite you to take full advantage of the beautiful region of Les Sables d'Olonne. Discover its coastline, cultural heritage, and vibrant local life. The festival is also a wonderful opportunity to meet new people, build friendships, and connect with participants from across Europe and beyond.

We wish you an extraordinary week filled with learning, discovery, and memorable experiences.

Enjoy the Golden Age Gym Festival 2026!

Nicolas Chénéchaud

Mayor of Les Sables d'Olonne



Welcome to Les Sables d'Olonne!

It is with great pride and immense pleasure that we welcome you to this major gymnastics event dedicated to those aged 50 and over.

During six days, our town will be buzzing with sport, socialising and a warm, friendly atmosphere. Workshops, performances, the parade of nations, ceremonies and countless opportunities to come together will all provide chances to fully experience this wonderful collective adventure, characterised by friendship and openness.

Beyond sporting achievement, this festival carries a vital message : **there is no age limit on being active, looking after your health, pushing yourself and, above all, enjoying spending time together.** Gymnastics is a wonderful illustration of this: it brings people together, forges bonds and reminds us that movement and enjoyment are accessible to everyone.

We are also delighted to introduce you to Les Sables d'Olonne, its coastline, its maritime heritage, its way of life and its high-quality facilities, such as the Arena, a sports and events venue that you will have the chance to explore. We hope you will make the most of your stay, balancing the festival's highlights with exploring our region.

On behalf of the City, I wish you all a wonderful festival, full of excitement, new encounters and memories, celebrated in the spirit of sport, friendship and solidarity.

Welcome to Les Sables d'Olonne, and we hope you all have a wonderful festival !



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Groups listing

NATION	GROUP CODE	GROUP NAME
	AZE1	Flame
	BUL1	KGB
	BUL2	Ritmik
	BUL3	Caprice
	BUL4	Kalina
	BUL5	Golden sea stars
	CZE1	Czech Dancing Queens
	CZE2	Folk Note
	CZE3	Operetky
	CZE4	Le Faucon
	CZE5	Starodavny
	CZE6	Together
	CZE7	Our Friendly Gymnastics
	CZE8	Be Happy
	DEN1	Ball-stik Denmark
	DEN2	After Grand Prix
	EST1	GC Rytmika
	EST2	LP Gymnastics Club



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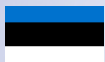
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Groups listing

NATION	GROUP CODE	GROUP NAME
	EST3	GC Piruett Daamid
	EST4	CG RYHT
	EST5	Haapsalu Idla Gymnasts
	EST6	TR Stuudio
	EST7	Tallinn IDLA Gymnasts
	FIN1	Helsingin Jyry LIPSTIKKA
	FIN2	Sodankylan Kisasiskot
	FIN3	Gymnastikforeningen i helsingfors GFH Still Going Strong
	FIN4	Borga Gymnastikforening Ladyjazz
	FIN5	Turun NV Gym Ladies
	FIN6	Mikkelin voimistelijat ladies
	FIN7	Tampereen NV Evergreen Ladies
	FRA1	Les Toulou'zen
	FRA2	Kalon Breizh
	FRA3	Esperance en scene
	FRA4	Gym douce tempo gym Elbeuf



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NATION	GROUP CODE	GROUP NAME
	FRA5	Courbevoie Gym Rythmique
	FRA6	CEP Gymnastique Poitiers
	FRA7	Les nissardas
	FRA8	Les Vagues a Bond du 58
	FRA9	Avant-garde de Terves
	FRA10	Les loups phoques
	FRA11	Golden Bretz'elles
	FRA12	Les commingeoises
	FRA13	Montceau gym
	FRA14	CD44
	FRA15	C'est nos gyms
	FRA16	JLR Marmande
	GER1	Fit imPuls - SU Nieder-Florstadt
	GER2	Happy Hessen - TSV Roedgen
	GER3	It's possible - Holtorfer SV
	GER4	Die alten Knochen - TK Weser Nienburg
	GER5	SV Einheit Guestrow



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NATION	GROUP CODE	GROUP NAME
	GRE1	Olympiada thrakomakedonon
	ISL1	Soley s boys
	ISL2	Kramhusid 15:15
	ISL3	Kramhusid 4:15
	ISL4	Virkni og vellidan
	ISL5	Silfur svanir
	ISL6	Armann
	ITA1	GS Sambughe - fuori quota
	ITA2	Gym fly Torino
	ITA3	Societa Ginnastica Nizza A.S.D.
	ITA4	San lorenzo candelo pietro micca biella
	ITA5	Ginnastica Laif ASD Sarzana
	ITA6	ASD polisportiva libertas jesi
	ITA7	Universita delle tre eta Alghero associata a ASD Ginnastica Cagliari
	JPN1	Hello Friends INOA



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NATION	GROUP CODE	GROUP NAME
	LAT1	Sculptures
	LAT2	Amber
	LAT3	Adora
	LTU1	Lady dar I
	LTU2	Lady dar II
	LTU3	Mowe with drive
	LUX1	L'esperance differdange
	NOR1	Trondhjem, ATIF, Stjørdal, Uthaug Sverre
	NOR2	Bergen Fana IL Nornen TIF Viking
	NOR3	Bodo og Omegn Idrettsforening
	NOR4	Stokke Drammen Hamar
	NOR5	Gymnastikk og Turnforening Bjart
	NOR6	Geithus Hokksund Solberg
	NOR7	Bjart Nostalgia
	NOR8	Haugesund Brusand Sola Vardeneset
	NOR9	Holmestrand Tonsberg
	NOR10	Laksevag Stord



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NATION	GROUP CODE	GROUP NAME
	NOR11	Naerboe Turn Sauda IL
	NOR12	Odda Salhus Asane Sotra
	NOR13	Havorn Klepp
	NOR14	Oslo Turnforening Oslo Mix Team
	NOR15	Skotfoss Pors Stathelle
	NOR16	Rana turnforening og Rognan IL Turngruppe
	NOR17	Sem IF Turngruppe
	NOR18	Tasta Turn
	NOR19	Tromso Gymnastikklag
	NOR20	Vestfossen Idrettsforening
	NOR21	Aalgard Turn
	NOR22	Norges Turnveteraner
	POR1	BelemGym-CAAB
	POR2	Ginasio Clube Portugues - Mimanu
	POR3	Ginarte Estremoz
	POR4	Sporting Clube de Portugal - Riritmica



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NATION	GROUP CODE	GROUP NAME
	POR5	Sporting Clube de Portugal - Danca Tradicional Portuguesa
	POR6	Sporting Clube de Portugal - Reencontros
	POR7	Sporting Clube de Portugal - Canarinhas and Senhoras Seleccion
	POR8	Louletano Desportos Clube - Moms Gym Team
	SLO1	SC flip piran
	SUI1	Oldies Aargau
	SUI2	Gym Aktive plus Luzern Ob und Nidwalden
	SUI3	SenVital Zueri
	SUI4	AGG Trend over 50 plus
	SUI5	Gym Team Romandie Open Age
	SUI6	Gymnastics Groupe 45plus
	SVK1	Sokol Bratislava Vinohrady
	SVK2	Diamant Kosice
	SVK3	Golden glitters
	SVK4	Trimix
	SVK5	Sokol Skalica
	SWE1	GCF Uppsala



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General Information

Program

Please note that the general program might evolve between the Event Guide and the event. Your delegations will be informed.

Weather

Weather is usually sunny early October in Les Sables d'Olonne, with about 18 degrees. Be careful, weather can change quickly and it can also rain.

City Performances

The schedule is listed below under point "City Performances". Note that the schedule is final and done according to the information uploaded in the Gymdata online tool. Important information is also listed below.

Communication

All communication will be conducted via Whatsapp with the head of delegation of each National Federation.

Workshops

The assigned closed workshops per Group are listed below under "General schedule". The venues and other important informations are also listed in that point.

Currency

The official currency in France is the Euro (EUR). Most entities are using contactless card terminals, but just in case have some cash with you.

Payment

All payments must be done in full in advance. No accreditation will be given if one payment is missing.

General Information

Info point

Main info point will be at the Congress Center.
Working hours: 7.30 AM to 7 PM, 3rd to 9th October.

In the restaurants

Tap water and bread are free of charge if you eat in a restaurant in France. Restaurants are required to provide them free of charge. In the menus, the prices indicated include taxes and service. No additional fee should appear on your final bill. Tipping is not mandatory but if you liked the service, it is common to give between 5 and 10 % of the total amount of the meal.

Meetings

All meetings are mandatory

- Meeting between LOC and Group Leaders and HODs – Sunday October 4th, 10.30-11.30 AM at the Congress Center
- Regular meetings between LOC and HODs – Monday October 5th to Friday October 9th, 8.30 to 9.00 AM at the Congress Center

Electricity and plugs



Typical plug in France
Voltage: 230 V
Frequency: 50 Hz

Key contacts

Emergency number : 112
Taxis :

- +33 2 51 95 40 80 - Taxi Les Sables d'Olonne
- +33 6.26.03.13.89 - LC Taxi
- +33 6 72 46 37 33 - VTC85
- +33 6 76 04 50 21 - Taxi Cyril
- Application Uber

Local time

France is in the Central Eastern Time zone (UTC + 1).

General Information

Language

The official language is French.
Volunteers will be able to help in English.

A few important words to know:

Hello = **Bonjour**

Goodbye = **Au revoir**

Please = **S'il vous plaît**

Thank you = **Merci**

Where is the Congress Center? = **Où est le Centre des Congrès ?**

How are you? = **Comment allez-vous ?**

How much is it? = **Combien ça coûte ?**

Where is the police station? = **Où se trouve le commissariat ?**

Where is the beach ? = **Où est la plage ?**

Where is the doctor? = **Où est le médecin ?**

Where is the pharmacy? = **Où est la pharmacie ?**

Where is the hospital? = **Où est l'hôpital ?**

I am hurt = **J'ai mal**

Someone is injured = **Quelqu'un est blessé**

Accreditations

Accreditations may be collected by head of delegation and team leaders from the Congress Center Les Atlantes on Saturday 3rd October, 7.30 AM to 7 PM and Sunday 4th before 1 PM.

To facilitate the distribution of accreditation cards, delegations will be divided into groups by country across three reception areas. A check of the music for the City Performances will be carried out when accreditations are issued. We kindly ask all Head of delegations to come with a USB key with the musics of each group.

Each accreditation card features a QR code enabling holders to view their programme and timetable, as well as to access the various services and areas provided by the organisers.

In particular, it allows holders to:

- use public transport during the times specified by the organisers (from 7.30 AM to 7 PM);
- take part to the closed workshops for which the participant is registered;
- access the Atlantes dining hall if participant booked meal;
- enter the Arena during the opening and closing ceremonies.

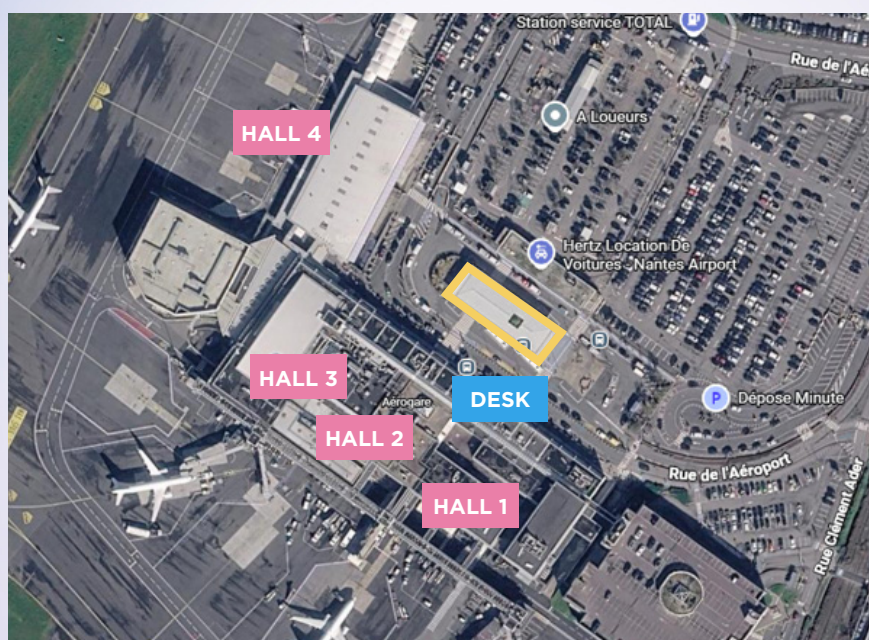
Please ensure you keep your accreditation with you at all times and present it at every checkpoint.



From and to Nantes airport

The LOC will set up a dedicated welcome desk at Nantes Airport to welcome the different teams on arrival day (3 October).

It will consist in **desk (see map below)** and members of the LOC located in the airport arrivals area. Its purpose will be **to answer participants' initial questions and direct them** to the vehicles that will take them to Les Sables d'Olonne.



 Buses waiting zone

At their arrival, delegation members will be dropped in Les Sables d'Olonne.
For departures, the pick-up will be in Les Sables d'Olonne.
For both ways, no modification will be possible onsite.

Only teams that have booked their transportation through the LOC (llenglet@spartner-ec.com) will be entitled to use these shuttles between the airport and Les Sables d'Olonne. No exceptions will be made on arrival day. Pick-up service is arranged from Nantes train station if requested by teams. All teams must provide at least one contact per group for arrival and departure for meeting at the airport / pick up place.

Local transportation

Public transport is free upon presentation of your accreditation to the bus driver. You can find all the practical information, including timetables and maps, on the website.

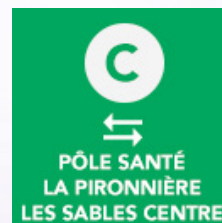
Self-service bikes are available throughout the city to help you get around and enjoy the narrow streets of Les Sables. Bike hire is not included with your accreditation.

You can find below the link to all public city transportation available from 7:30 AM to 7 PM.

City's transportation plan

(<https://www.oleane-mobilites.fr/media/plan-complet-du-reseau-hiver-oleane-mobilites-1.pdf>)

You can find below the schedules for the main bus lines, by clicking on the visuals.



For all participants accommodated through LOC, please find attached a map of the transport lines and the official accommodations.

You can scan the QR code, or click on it to display it.





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		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 - 15h-16h30 City Visit LOC + HOD	Arrivals Participants - 10h30 Meeting HOD and Group Leaders - 14h30 Parade - 17h Opening Ceremony - Free time	8h30 Meeting HOD + LOC - 10h-14h City orienteering	8h Physical wake-up - 8h30 Meeting HOD + LOC - Workshops	8h Physical wake-up - 8h30 Meeting HOD + LOC - Workshops	8h Physical wake-up - 8h30 Meeting HOD + LOC - Workshops	8h Physical wake-up - 8h30 Meeting HOD + LOC - Workshops	Departure Participants
After- noons and evenings				Excursions* - 16h-18h City Performance - 21h Dancing evening	Excursions* - 16h-18h City Performance - 21h Dancing evening	Excursions* - 13h30 Forum - 15h-18h City Performance - Free time	Excursions* - 16h-18h City Performance - 21h Dancing evening	Excursions* - 13h-15h Gala rehearsal - 17h Gala	

* You will be able to enjoy excursions during your free time (page 50)

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

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

- **Parade & Opening Ceremony**
- **City Orienteering**
- **City performances**
- **Workshops**
- **Excursions**
- **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.



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The seaside to start the Golden Age Gym Festival

The opening parade will be a highlight of the event.

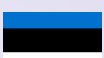
It will give each delegation the opportunity to introduce themselves to the public of Les Sables d'Olonne along a festive 800-metres route, before officially participating to the opening of the 10th edition of the Golden Age Gym Festival.



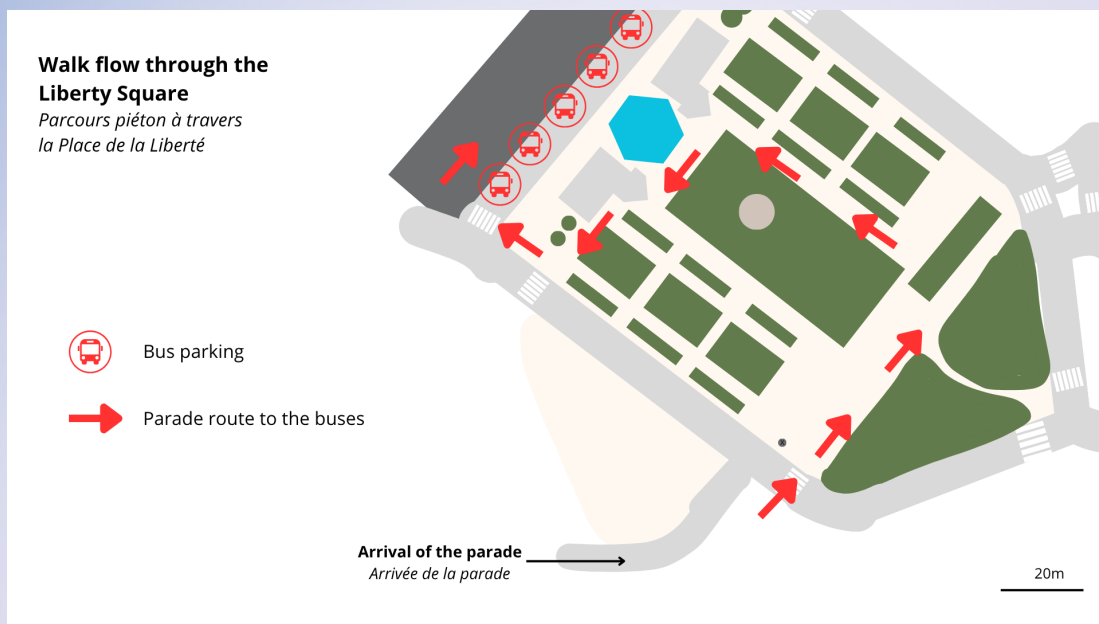
This parade will begin at 2.30 PM in front of the Congress Center Les Atlantes. To ensure the event runs smoothly, please arrive at the gathering point 15 minutes before the start of your group. See table below.

Volunteers, identifiable by the name of your nation, will be on hand to welcome you and guide you to your place in the procession. Please make your way to them as soon as you arrive and follow the signage and instructions you are given. Each nation will choose its own flag-bearer.

No public transportation works on Sunday. A private transportation service will be proposed in the morning from the stops close from the official hotels to Liberty Square. Official schedule will be sent to the Federations in due time and published on GAGF 2026 website.

MEETING TIME AT THE DEPARTURE		
GROUP YELLOW: 14:15	GROUP GREEN: 14:30	GROUP BLUE: 14:45
       	      	      

After the parade



On arrival at the Liberty Square, volunteers will be on hand to direct you to the buses that will take you to the Arena, where the opening ceremony will take place.

To help organise transport and ensure everything runs smoothly, please ensure that each bus is filled to full capacity, even if this means that members of the same delegation are spread across several buses.

Yellow, green and blue bracelets will be distributed with the accreditations. We kindly ask all participants to wear it to ensure smooth transportation before and after the opening ceremony.



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France honoured for the opening

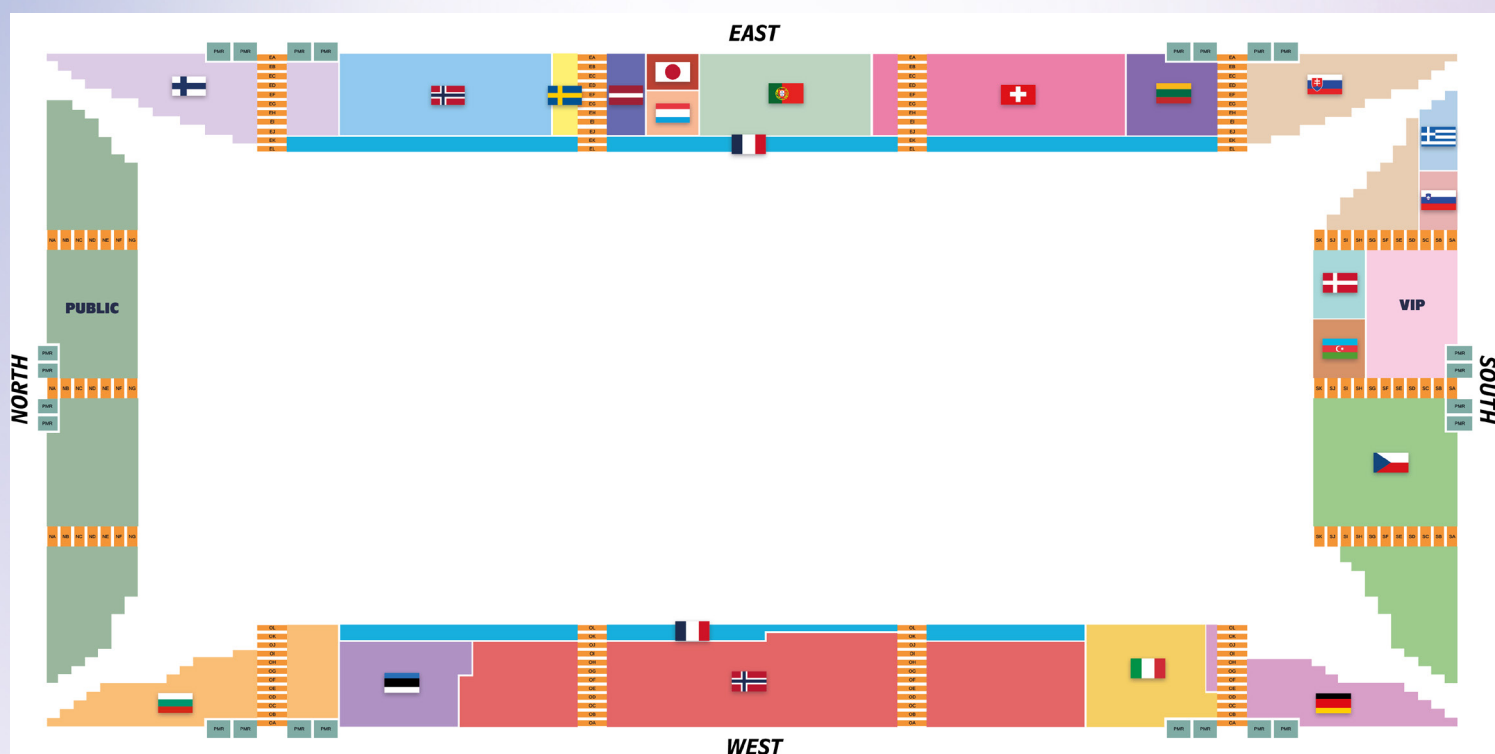


There will be a one-way entrance and exit on the site.

For the first arrivals, animations will be offered in the waiting area, with food trucks, music, and a dancing space in the arena.

Volunteers will be present to help you access your seats and will be available before, during and after the opening ceremony.

Seating plan for the opening ceremony



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After ceremony transportation

TRAVEL TIME TO GO TO LIBERTY SQUARE FROM THE ARENA			
	GROUP YELLOW	GROUP GREEN	GROUP BLUE
First departure	18:15	18:45	19:15
Second departure	18:30	19:00	19:30

After the opening ceremony, the participants will be called by colour of bracelet to access the buses. Please respect the calls and the volunteers instructions to ensure a smooth transport back to the city center.

As no public transportation is available on Sunday, the LOC will propose shuttle services to the official hotels departing from Congress Center from 8 PM until 12 AM.

Animations will be available for all participants to make their wait more enjoyable.



The participants will be taken to the opening ceremony site and brought back to the Liberty Square by shuttle bus after the ceremony.



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GAGF GALA

GROUPS CHOSEN	
AZE	AGF
DEN	Ball-stik Denmark
FIN	Turun nv gym ladies
FRA	Les Nissardas
GER	TK Weser Nienburg
GRE	Olympiada thrakomakedonon
ITA	Gruppo sportivo sambughe' - fuori quota
LAT	Adora - sculptures
NOR	Sem IF Turn
POR	Sporting Clube de Portugal - Rítmica
SLO	Sport club Flip Piran

Rehearsal

A rehearsal is planned between **1 PM and 3 PM**. All groups of the gala will have a moment in the arena for their rehearsal.

They will have access to a warm-up and training space, and to a changing room.

Transportation for gala participants

Groups participating in the gala will have **to come with public transportation to the arena before 1 PM**.

They will have access to the organised transportation to Liberty Square for the return after the ceremony.

Animations for all

Some animations will be available before and after the gala.



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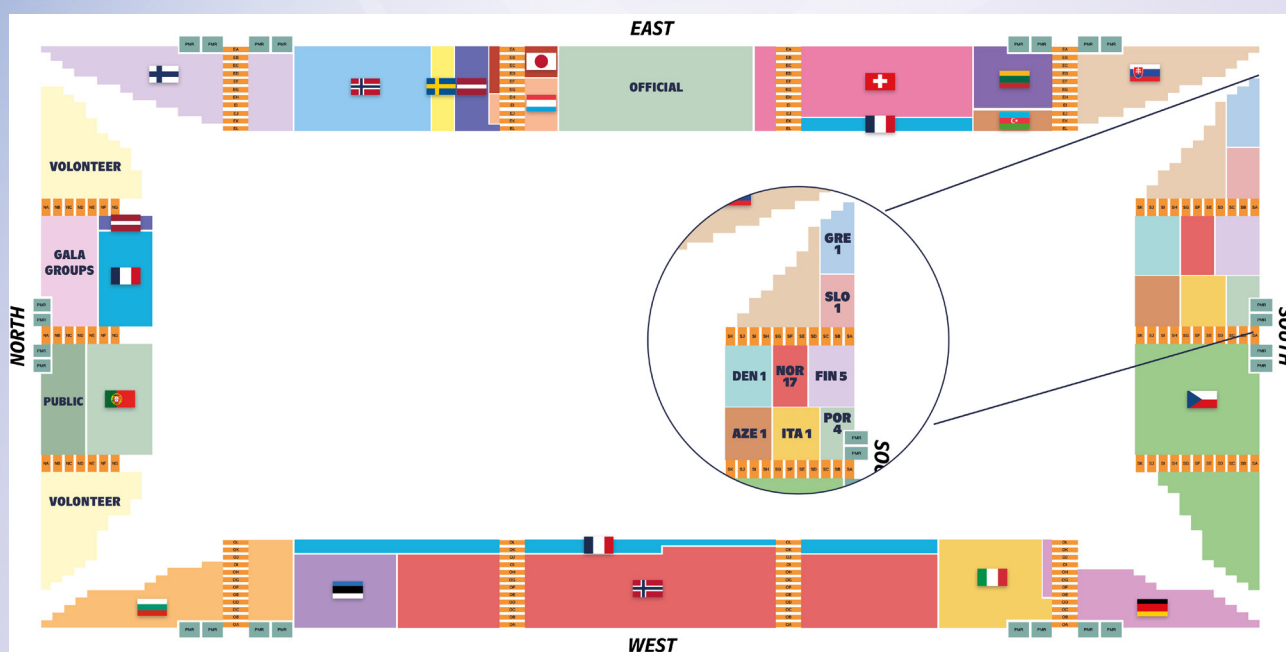


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Closing ceremony

Seating plan for the closing ceremony



Transportation for all

All participants who are not participating in the gala will have access to a special transportation service between Liberty Square and the Arena on both ways.

Head of delegations will need to book transportation at the info desk before Tuesday 6th October at 2 PM for the participants of their delegation who need it. The LOC will communicate on Wednesday 7th in the morning the times of departure for each National Federation, for both ways. Access will be only for participants with bracelets. Bracelets will be distributed on Wednesday 7th in the morning.

For participants who would like to come to the arena by themselves, some parking slots will be available. Please follow and respect the information provided by the volunteers.



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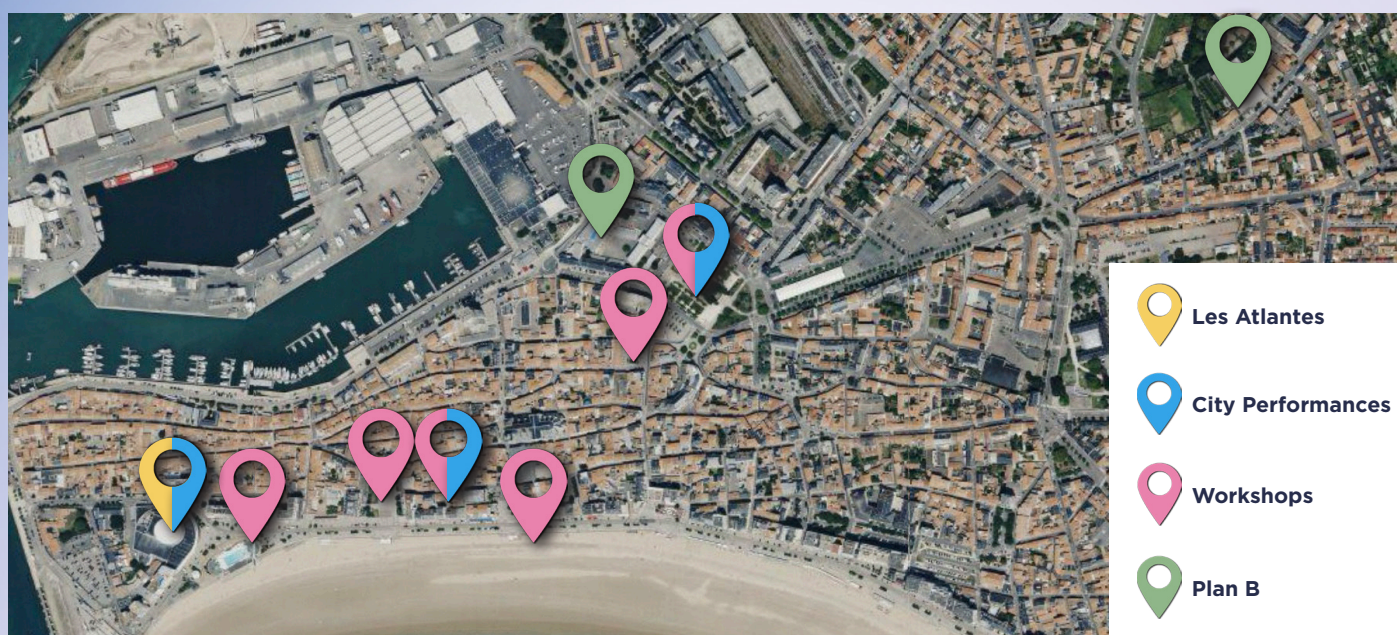


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City Performances & Workshops

Sites map



Technical Informations

- For Workshops, we ask all participants to arrive no later than 15 minutes before the start of the activity. For City Performances, we suggest to arrive at least 30 minutes before.
- Locker rooms will be available on every site.
- On-site signage and volunteers will be available on every site to help the participants.
- For City Performances, a music control will be made during accreditations. In any case, we kindly ask all delegations to come with their musics on a USB key in multiple formats.
- For closed Workshops, all the group must be present.
- For City Performances and Workshops, accreditation is mandatory to be shown before the start of the activity.
- For all Workshops, participants must come with suitable clothes and shoes (water shoes for sea wadding for example)



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City performances



1. Liberty Square

Two steps away from the walking streets and in the very heart of the city, this square is the perfect place to feel the soul of Les Sables d'Olonne.

Stage: 14 m x 14 m

Wooden floor on a stage platform

Number of seats: 300

2. Tribunal Square

The main stage of the Golden Age Gym Festival 2026 will be turned towards the ocean. With its unique view, it will offer a breathtaking sight to the participants.

Stage: 20 m x 20 m

Wooden floor on a stage platform

Number of seats: 400



3. Congress Center Les Atlantes

In the very heart of the event, this indoor stage will allow to the groups which will experience their City Performance there to enjoy a perfect acoustic sound.

Stage: 12 m x 16 m

Wooden floor

Red roller mat: 12 m x 14 m

Number of seats: 795





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Schedule City Performances

Per groups

		CITY PERFORMANCES N°1		CITY PERFORMANCES N°2	
	GROUP NAME	START DATE	CP SITE	START DATE	CP SITE
AZE 1	Flame	05/10 - 16h06	Tribunal Square	08/10 - 17h36	Liberty Square
BUL 1	KGB	05/10 - 16h	Tribunal Square	08/10 - 17h24	Tribunal Square
BUL 2	Rhythmic	06/10 - 17h36	Liberty Square	07/10 - 17h30	Tribunal Square
BUL 3	Caprice	05/10 - 17h06	Les Atlantes	08/10 - 17h06	Liberty Square
BUL 4	Kalina	06/10 - 16h06	Tribunal Square	07/10 - 16h24	Liberty Square
BUL 5	Golden sea stars	05/10 - 16h06	Liberty Square	07/10 - 17h12	Tribunal Square
CZE 1	Czech Dancing Queens	06/10 - 17h06	Les Atlantes	07/10 - 16h06	Tribunal Square
CZE 2	Folk Note	05/10 - 17h42	Les Atlantes	06/10 - 16h18	Liberty Square
CZE 3	Operetky	06/10 - 16h48	Tribunal Square	07/10 - 17h18	Tribunal Square
CZE 4	Le Faucon	06/10 - 17h54	Les Atlantes	07/10 - 16h12	Liberty Square
CZE 5	Starodavny	05/10 - 16h12	Tribunal Square	06/10 - 16h30	Tribunal Square
CZE 6	Together	06/10 - 17h12	Tribunal Square	07/10 - 17h36	Tribunal Square
CZE 7	Our friendly gymnastics	06/10 - 16h18	Tribunal Square	07/10 - 17h06	Tribunal Square
CZE 8	Be Happy	07/10 - 17h12	Liberty Square	08/10 - 17h06	Tribunal Square
DEN 1	Ball-stick Denmark	05/10 - 17h24	Les Atlantes	07/10 - 17h24	Liberty Square
DEN 2	After Grand Prix	05/10 - 17h42	Tribunal Square	06/10 - 17h36	Les Atlantes
EST 1	GC Rytmika	05/10 - 16h18	Liberty Square	08/10 - 16h42	Tribunal Square
EST 2	LP Gymnastics Club	05/10 - 17h36	Liberty Square	07/10 - 16h24	Les Atlantes
EST 3	GC Piruett Daamid	06/10 - 16h30	Liberty Square	08/10 - 16h48	Les Atlantes



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EST 4	GC Ryth	05/10 - 16h12	Liberty Square	08/10 - 17h12	Les Atlantes
EST 5	Haapsalu Idla Gymnasts	06/10 - 17h18	Tribunal Square	07/10 - 17h18	Les Atlantes
EST 6	TR Stuudio	05/10 - 16h54	Liberty Square	08/10 - 16h24	Les Atlantes
EST 7	Tallinn IDLA Gymnasts	06/10 - 17h30	Les Atlantes	06/10 - 16h24	Tribunal Square
FIN 1	Helsingin Jyry Lipstikka	05/10 - 17h24	Tribunal Square	06/10 - 16h24	Liberty Square
FIN 2	Sodankylan Kisasiskot	07/10 - 16h42	Les Atlantes	08/10 - 17h18	Liberty Square
FIN 3	Gymnastikforening en I helsingfors GFH Still going strong	07/10 - 17h48	Liberty Square	08/10 - 16h12	Tribunal Square
FIN 4	Borga Gymnastikforening Ladyjazz	05/10 - 17h54	Liberty Square	07/10 - 16h18	Les Atlantes
FIN 5	Turun NV Gym Ladies	05/10 - 16h18	Tribunal Square	08/10 - 17h42	Tribunal Square
FIN 6	Mikkelin Voimistelijat Ladies	06/10 - 17h12	Les Atlantes	08/10 - 16h36	Liberty Square
FIN 7	Tampereen NV Evergreen Ladies	05/10 - 17h12	Les Atlantes	08/10 - 16h18	Liberty Square
FRA 1	Les Toulou'zen	06/10 - 16h54	Liberty Square	07/10 - 17h30	Les Atlantes
FRA 2	Kalon Breizh	05/10 - 16h36	Liberty Square	06/10 - 17h	Les Atlantes
FRA 3	Espérance en scène	05/10 - 17h	Tribunal Square	07/10 - 16h54	Liberty Square
FRA 4	Gym douce tempo gym El-beuf	07/10 - 17h	Les Atlantes	08/10 - 17h	Liberty Square
FRA 5	Courbevoie Gym Rythmique	05/10 - 17h24	Liberty Square	06/10 - 17h	Tribunal Square
FRA 6	CEP Gymnastique Poitiers	07/10 - 17h48	Les Atlantes	08/10 - 17h12	Liberty Square
FRA 7	Les Nissardas	05/10 - 17h48	Liberty Square	08/10 - 17h18	Les Atlantes
FRA 8	Les Vagues a Bond du 58	06/10 - 16h	Liberty Square	08/10 - 16h54	Tribunal Square
FRA 9	Avant-Garde de Terves	06/10 - 17h24	Les Atlantes	08/10 - 16h48	Liberty Square



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FRA 10	Les loups phoques	07/10 - 17h42	Liberty Square	08/10 - 17h24	Les Atlantes
FRA 11	Golden Bretz'elles	05/10 - 17h18	Tribunal Square	06/10 - 17h42	Liberty Square
FRA 12	Les Commingeoises	05/10 - 16h24	Liberty Square	07/10 - 16h54	Les Atlantes
FRA 13	Montceau Gym	06/10 - 17h24	Tribunal Square	07/10 - 16h48	Les Atlantes
FRA 14	CD44	05/10 - 17h30	Liberty Square	07/10 - 16h30	Les Atlantes
FRA 15	C'est nos gyms	05/10 - 17h30	Tribunal Square	07/10 - 17h06	Liberty Square
FRA 16	JLR Marmande	06/10 - 16h54	Tribunal Square	08/10 - 17h48	Les Atlantes
GER 1	Fit imPuls - SU Nieder-Flors- tadt	05/10 - 16h	Liberty Square	08/10 - 16h54	Liberty Square
GER 2	Happy Hessen - TSV Roedgen	07/10 - 16h12	Tribunal Square	08/10 - 17h30	Tribunal Square
GER 3	It's possible - Holtorfer SV	06/10 - 17h18	Les Atlantes	07/10 - 16h06	Liberty Square
GER 4	Die alten Knochen - TK Weser Nienburg	05/10 - 16h06	Les Atlantes	06/10 - 16h06	Les Atlantes
GER 5	SV Einheit Guestrow	05/10 - 17h30	Tribunal Square	06/10 - 17h30	Liberty Square
GRE 1	Olympiada Thrakomakedonon	05/10 - 16h12	Les Atlantes	06/10 - 16h12	Les Atlantes
ISL 1	Soley s boys	06/10 - 17h42	Tribunal Square	07/10 - 16h30	Tribunal Square
ISL 2	Kramhusid 15:15	06/10 - 16h36	Liberty Square	08/10 - 16h06	Tribunal Square
ISL 3	Kramhusid 4:15	05/10 - 17h30	Les Atlantes	06/10 - 16h	Tribunal Square
ISL 4	Virkni og vellidan	05/10 - 16h42	Tribunal Square	06/10 - 17h06	Liberty Square
ISL 5	Silfur svanir	07/10 - 16h18	Tribunal Square	08/10 - 16h06	Liberty Square
ISL 6	Armann	05/10 - 17h12	Liberty Square	08/10 - 17h30	Les Atlantes
ITA 1	GS Sambughe - Fuori Quota	05/10 - 17h48	Tribunal Square	06/10 - 17h24	Liberty Square
ITA 2	Gym Fly Torino	05/10 - 17h18	Liberty Square	08/10 - 17h	Les Atlantes



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ITA 3	Societe Ginnastica Nizza ASD	07/10 - 17h	Liberty Square	08/10 - 16h48	Tribunal Square
ITA 4	San Lorenzo Candelo Pietro Micca Biella	06/10 - 17h	Liberty Square	08/10 - 17h06	Les Atlantes
ITA 5	Ginnastica Laif ASD Sarzana	06/10 - 16h42	Liberty Square	07/10 - 17h54	Les Atlantes
ITA 6	ASD Polisportiva Libertas Jesi	05/10 - 16h24	Tribunal Square	07/10 - 16h	Liberty Square
ITA 7	Universita delle tre eta Alghero Associata a ASD Ginnastica Cagliari	05/10 - 17h54	Thes Atlantes	08/10 - 17h12	Tribunal Square
JPN 1	Hello Friends INOA	06/10 - 17h06	Tribunal Square	07/10 - 17h24	The Atlantes
LAT 1	Sculptures	06/10 - 16h54	Les Atlantes	07/10 - 16h18	Liberty Square
LAT 2	Amber	05/10 - 17h18	Les Atlantes	08/10 - 16h54	Liberty Square
LAT 3	Adora	05/10 - 17h42	Liberty Square	08/10 - 17h36	Les Atlantes
LTU 1	Lady Dar I	05/10 - 17h36	Tribunal Square	07/10 - 17h42	Les Atlantes
LTU 2	Lady Dar II	07/10 - 16h30	Liberty Square	08/10 - 16h36	Tribunal Square
LTU 3	Mowe with drive	06/10 - 16h42	Les Atlantes	07/10 - 16h42	Liberty Square
LUX 1	L'espérance Differdange	07/10 - 17h36	Liberty Square	08/10 - 17h54	Les Atlantes
NOR 1	Trondhjem ATIF Stjoldal Uthaug Sverre	06/10 - 17h54	Tribunal Square	07/10 - 17h30	Liberty Square
NOR 2	Bergen Fana IL Nornen TIF Viking	06/10 - 16h12	Liberty Square	07/10 - 17h24	Tribunal Square
NOR 3	Bodo og Omegn Idrettsforening	06/10 - 16h36	Tribunal Square	07/10 - 17h42	Tribunal Square
NOR 4	Stokke Drammen Hamar	05/10 - 16h30	Les Atlantes	08/10 - 16h30	Les Atlantes
NOR 5	Gymnastikk og Turnforening Bjart	05/10 - 16h30	Liberty Square	06/10 - 16h48	Les Atlantes
NOR 6	Geithus Hokksund Solberg	06/10 - 17h48	Les Atlantes	07/10 - 16h48	Tribunal Square
NOR 7	Bjart Nostalgia	06/10 - 16h24	Les Atlantes	08/10 - 16h24	Les Atlantes



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NOR 8	Haugesund Brusand Sola Vardeneset	06/10 - 17h48	Tribunal Square	07/10 - 16h	Tribunal Square
NOR 9	Holmestrand Tonsberg	05/10 - 17h06	Liberty Square	07/10 - 17h36	Les Atlantes
NOR 10	Laksevåg Stord	05/10 - 16h30	Tribunal Square	08/10 - 17h	Tribunal Square
NOR 11	Naerboe Turn Sauda IL	05/10 - 16h54	Tribunal Square	07/10 - 17h06	Les Atlantes
NOR 12	Odda Salhus Asane Sotra	05/10 - 16h48	Les Atlantes	08/10 - 16h42	Les Atlantes
NOR 13	Havørn Klepp	05/10 - 17h06	Tribunal Square	07/10 - 16h48	Liberty Square
NOR 14	Oslo Turnforening Oslo Mix Team	05/10 - 16h	Les Atlantes	06/10 - 16h36	Les Atlantes
NOR 15	Skotfoss Pors Stathelle	05/10 - 17h54	Tribunal Square	06/10 - 16h48	Liberty Square
NOR 16	Rana turnforening og Rognan IL Turngruppe	05/10 - 17h	Les Atlantes	08/10 - 16h42	Liberty Square
NOR 17	Sem IF Turngruppe	05/10 - 16h42	Les Atlantes	06/10 - 16h18	Les Atlantes
NOR 18	Tasta Turn	06/10 - 17h18	Liberty Square	07/10 - 17h48	Tribunal Square
NOR 19	Tromsø Gymnastikklag	07/10 - 17h12	Les Atlantes	08/10 - 16h	Liberty Square
NOR 20	Vestfossen Idrettsforening	06/10 - 16h	Les Atlantes	08/10 - 16h36	Les Atlantes
NOR 21	Aalgård Turn	05/10 - 16h24	Les Atlantes	07/10 - 16h06	Les Atlantes
NOR 22	Norges Turnveteraner	06/10 - 16h42	Tribunal Square	08/10 - 17h30	Liberty Square
POR 1	BelemGym - CAAB	07/10 - 16h	Les Atlantes	08/10 - 16h18	Les Atlantes
POR 2	Ginasio Clube Portugues - Mimanu	05/10 - 16h54	Les Atlantes	08/10 - 16h06	Les Atlantes
POR 3	Ginarte Estremoz	05/10 - 17h48	Les Atlantes	08/10 - 17h42	Liberty Square
POR 4	Sporting Clube de Portugal - Ritmica	05/10 - 16h36	Les Atlantes	08/10 - 16h	Les Atlantes
POR 5	Sporting Clube de Portugal - Dança Tradicional Portuguesa			08/10 - 17h48	Tribunal Square



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Schedule City Performances

Per groups

POR 6	Sporting Clube de Portugal - Reencontros	05/10 - 17h36	Les Atlantes		
POR 7	Sporting Clube de Portugal - Canarinhas and Senhoras Seleccion	05/10 - 16h48	Tribunal Square	07/10 - 16h36	Liberty Square
POR 8	Louletano Desportos Clube - Moms Gym Team	06/10 - 16h30	Les Atlantes	07/10 - 16h12	Les Atlantes
SLO 1	SC Flip Piran	05/10 - 16h18	Les Atlantes	08/10 - 16h12	Les Atlantes
SUI 1	Oldies Aargau	07/10 - 17h	Tribunal Square	08/10 - 16h12	Liberty Square
SUI 2	Gym Aktive plus Luzern Ob und Nidwalden	05/10 - 16h42	Liberty Square	07/10 - 16h42	Tribunal Square
SUI 3	SenVital Zueri	06/10 - 16h12	Tribunal Square	08/10 - 16h18	Tribunal Square
SUI 4	AGG Trend over 50 plus	05/10 - 16h36	Tribunal Square	08/10 - 16h30	Liberty Square
SUI 5	Gym Team Romandie Open Age	05/10 - 16h48	Liberty Square	08/10 - 16h30	Tribunal Square
SUI 6	Gymnastics Groupe 45 plus	06/10 - 16h06	Liberty Square	08/10 - 16h	Tribunal Square
SVK 1	Sokol Bratislava Vinohrady	07/10 - 16h36	Tribunal Square	08/10 - 17h36	Tribunal Square
SVK 2	Diamant Kosice	06/10 - 16h24	Tribunal Square	08/10 - 16h24	Liberty Square
SVK 3	Golden Glitters	07/10 - 16h54	Tribunal Square	08/10 - 17h24	Liberty Square
SVK 4	Trimix	06/10 - 17h30	Tribunal Square	08/10 - 17h18	Tribunal Square
SVK 5	Sokol Skalica	06/10 - 17h42	Les Atlantes	07/10 - 16h24	Tribunal Square
SWE 1	GCF Uppsala	05/10 - 17h	Liberty Square	06/10 - 17h36	Tribunal Square

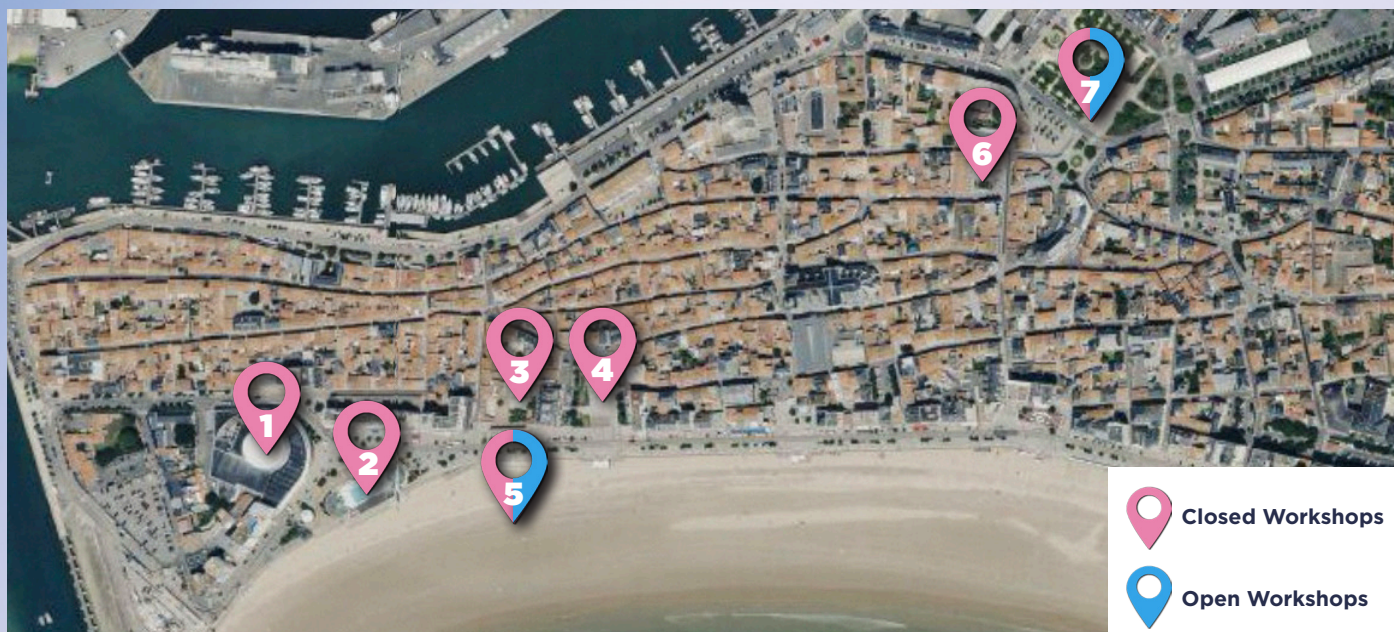


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Workshops sites map



1. Congress Center Les Atlantes

- Darts (closed)
- Cabaret (closed)

2. Swimming Pool

- Aqua'Form (closed)
- Aqua'Run (closed)

3. Tribunal Garden

- Danse vendéenne / Folkloric dance (closed)
- Palet vendéen / Local Game (closed)
- Pétanque (closed)

4. Tribunal Square

- Special Choreography (closed)
- Seated Gym (closed)

5. Beach

- Aerodance (open)
- Balls Game (closed)
- Back Strengthening (closed)
- Nordic walking (closed)
- Peteca (closed)
- Pilates (closed)
- Stretching (open)
- Swiss ball (open)
- Tai Chi (open)
- Tango (open)
- Yoga (closed)
- Zumba (open)
- Longe-côte (closed)

6. Town Hall Square

- Step (closed)

7. Liberty Square

- Circus (closed)
- Country Dance (open)
- Rhythmic Gymnastics (closed)



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General schedule per Group

In green, you will find your free day, ideal for Open Workshops or Excursion.

Please note in the table below that some groups have been divided for some closed workshops. All members will participate to the same workshops and can choose the slots they want, by dividing the group evenly.

GROUP CODE	MONDAY 5TH OCTOBER	TUESDAY 6TH OCTOBER	WEDNESDAY 7TH OCTOBER	THURSDAY 8TH OCTOBER	FRIDAY 9TH OCTOBER
AZE 1	City Orienteering (10:00 - 14:00) City Performance (16:06 - 16:12)	Workshop : Seated gymnastic (10:30 - 11:30)	Workshop: Step (10:30 - 11:30)	City Performance (17:36 - 17:42)	
BUL 1	City Orienteering (10:00 - 14:00) City Performance (16:00 - 16:06)	Workshop: Folkloric dance (09:00 - 10:00)	Workshop: Pilates (09:00 - 10:00)	City Performance (17:24 - 17:30)	
BUL 2	*City Orienteering (10:00 - 14:00)	City Performance (17:36 - 17:42)	City Performance (17:30 - 17:36)	Workshop: Aqua'forme (09:00 - 09:45)	Workshop: Folkloric dance (09:00 - 10:00)
BUL 3	City Orienteering (10:00 - 14:00) City Performance (17:06 - 17:12)	Workshop: Folkloric dance (10:30 - 11:30)	Workshop: Yoga (10:30 - 11:30)	City Performance (17:06 - 17:12)	
BUL 4	*City Orienteering (10:00 - 14:00)	City Performance (16:06 - 16:12)	City Performance (16:24 - 16:30)	Workshop: Folkloric dance (10:30 - 11:30)	Workshop: Back strenghtening (09:00 - 10:00)
BUL 5	City Orienteering (10:00 - 14:00) City Performance (16:06 - 16:12)	Workshop: Cabaret (11:45 - 12:45)	City Performance (17:12 - 17:18)	Workshop: Nordic walking (10:30 - 11:30)	
CZE 1	*City Orienteering (10:00 - 14:00)	City Performance (17:06 - 17:12)	City Performance (16:06 - 16:12)	Workshop: Step (09:00 - 10:00)	Workshop: Cabaret (09:00 - 10:00)
CZE 2	City Orienteering (10:00 - 14:00) City Performance (17:42 - 17:48)	City Performance (16:18 - 16:24)	Workshop: Back strenghtening (09:00 - 10:00)	Workshop: Petanque bowl (09:00 - 10:00)	
CZE 3	*City Orienteering (10:00 - 14:00)	City Performance (16:18 - 16:24)	City Performance (17:18 - 17:24)		



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CZE 3_1				Workshop: Petanque bowl (09:00 - 10:00)	Workshop: Special choreography (09:00 - 10:00)
CZE 3_2				Workshop: Petanque bowl (10:30 - 11:30)	Workshop: Special choreography (09:00 - 10:00)
CZE 4	<i>*City Orienteering (10:00 - 14:00)</i>	City Performance (17:54 - 18:00)	City Performance (16:12 - 16:18)	Workshop: Darts (10:30 - 11:30)	Workshop: Cabaret (10:30 - 11:30)
CZE 5	City Orienteering (10:00 - 14:00) City Performance (16:12 - 16:18)	City Performance (16:30 - 16:36)			
CZE 5_1			Workshop: Special choreography (10:30 - 11:30)		Workshop: Swiss ball (09:00 - 10:00)
CZE 5_2			Workshop: Special choreography (10:30 - 11:30)		Workshop: Swiss ball (10:30 - 11:30)
CZE 6	<i>*City Orienteering (10:00 - 14:00)</i>	City Performance (17:12 - 17:18)	City Performance (17:36 - 17:42)		
CZE 6_1				Workshop: Back strenghtening (09:00 - 10:00)	Workshop: Special choreography (10:30 - 11:30)
CZE 6_2				Workshop: Back strenghtening (10:30 - 11:30)	Workshop: Special choreography (10:30 - 11:30)
CZE 7	<i>*City Orienteering (10:00 - 14:00)</i>	City Performance (16:18 - 16:24)	City Performance (17:06 - 17:12)	Workshop: Rythmic gymnastics (10:30 - 11:30)	Workshop: Back strenghtening (10:30 - 11:30)
CZE 8	<i>*City Orienteering (10:00 - 14:00)</i>	Workshop: Circus (10:30 - 11:30)	City Performance (17:12 - 17:18)	City Performance (17:06 - 17:12)	Workshop: Rythmic gymnastics (09:00 - 10:00)
DEN 1	City Orienteering (10:00 - 14:00) City Performance (17:24 - 17:30)	Workshop: Rythmic gymnastics (10:30 - 11:30)	City Performance (17:24 - 17:30)	Workshop: Peteca (09:00 - 10:00)	
DEN 2	City Orienteering (10:00 - 14:00) City Performance (17:42 - 17:48)	City Performance (17:36 - 17:42)	Workshop: Back strenghtening (09:00 - 10:00)	Workshop: Rythmic gymnastics (09:00 - 10:00)	
EST 1	City Orienteering (10:00 - 14:00) City Performance (16:18 - 16:24)	Workshop: Balls game (10:30 - 11:30)	Workshop: Cabaret (10:30 - 11:30)	City Performance (16:42 - 16:48)	



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EST2	City Orienteering (10:00 - 14:00) City Performance (17:36 - 17:42)	Workshop: Seated gymnastic (09:00 - 10:00)	City Performance (16:24 - 16:30)	Workshop: Cabaret (10:30 - 11:30)	
EST 3	City Orienteering (10:00 - 14:00)	City Performance (16:30 - 16:36)		City Performance (16:48 - 16:54)	
EST 4	City Orienteering (10:00 - 14:00) City Performance (16:12 - 16:18)	Workshop: Swiss ball (10:30 - 11:30)	Workshop: Aqua'run (10:00 - 10:45)	City Performance (17:12 - 17:18)	
EST 5	City Orienteering (10:00 - 14:00)	City Performance (17:18 - 17:24)	City Performance (17:18 - 17:24)		
EST 6	City Orienteering (10:00 - 14:00) City Performance (16:54 - 17:00)	Workshop: Cabaret (09:00 - 10:00)	City Performance (16:36 - 16:42)	Workshop: Step (10:30 - 11:30)	
EST 7	City Orienteering (10:00 - 14:00)	City Performance (17:30 - 17:36)	Workshop: Aqua'forme (09:00 - 09:45)	Workshop: Swiss ball (09:00 - 10:00) City Performance (16:24 - 16:30)	
FIN 1	City Orienteering (10:00 - 14:00) City Performance (17:24 - 17:30)	City Performance (16:24 - 16:30)	Workshop: Folkloric dance (10:30 - 11:30)	Workshop: Sea wadding (09:00 - 10:00)	
FIN 2	*City Orienteering (10:00 - 14:00)	Workshop: Aqua'forme (09:00 - 09:45)	City Performance (16:42 - 16:48)	City Performance (17:18 - 17:24)	Workshop: Back strengthening (10:30 - 11:30)
FIN 3	City Orienteering (10:00 - 14:00)		City Performance (17:48 - 17:54)	City Performance (16:12 - 16:18)	
FIN 4	City Orienteering (10:00 - 14:00) City Performance (17:54 - 18:00)	Workshop: Folkloric dance (10:30 - 11:30)	City Performance (16:18 - 16:24)	Workshop: Pilates (10:30 - 11:30)	
FIN 5	City Orienteering (10:00 - 14:00) City Performance (16:18 - 16:24)			City Performance (17:42 - 17:48)	
FIN 5_1		Workshop: Pilates (09:00 - 10:00)	Workshop: Folkloric dance (09:00 - 10:00)		



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FIN 5_2		Workshop: Pilates (10:30 - 11:30)	Workshop: Folkloric dance (10:30 - 11:30)		
FIN 6	<i>*City Orienteering (10:00 - 14:00)</i>	City Performance (17:12 - 17:18)	Workshop: Back strengthening (09:00 - 10:00)	City Performance (16:36 - 16:42)	Workshop: Pilates (10:30 - 11:30)
FIN 7	<i>City Orienteering (10:00 - 14:00)</i> <i>City Performance (17:12 - 17:18)</i>	Workshop: Back strengthening (10:30 - 11:30)	Workshop: Seated gymnastic (10:30 - 11:30)	City Performance (16:18 - 16:24)	
FRA 1	<i>*City Orienteering (10:00 - 14:00)</i>	City Performance (16:54 - 17:00)	City Performance (17:30 - 17:36)	Workshop: Sea wadding (10:30 - 11:30)	Workshop: Balls game (10:30 - 11:30)
FRA 2	<i>City Orienteering (10:00 - 14:00)</i> <i>City Performance (17:12 - 17:18)</i>	City Performance (17:00 - 17:06)	Workshop: Circus (09:00 - 10:00)		Workshop: Cabaret (11:45 - 12:45)
FRA 3	<i>City Orienteering (10:00 - 14:00)</i> <i>City Performance (17:00 - 17:06)</i>	Workshop: Palet vendéen local game (10:30 - 11:30)	City Performance (16:54 - 17:00)	Workshop: Sea wadding (09:00 - 10:00)	
FRA 4	<i>*City Orienteering (10:00 - 14:00)</i>	Workshop: Seated gymnastic (09:00 - 10:00)	City Performance (17:00 - 17:06)	City Performance (17:00 - 17:06)	Workshop: Darts (09:00 - 10:00)
FRA 5	<i>City Orienteering (10:00 - 14:00)</i> <i>City Performance (17:24 - 17:30)</i>	City Performance (17:00 - 17:06)	Workshop: Yoga (09:00 - 10:00)	Workshop: Nordic walking (09:00 - 10:00)	
FRA 6	<i>*City Orienteering (10:00 - 14:00)</i>	Workshop: Folkloric dance (10:30 - 11:30)	City Performance (17:48 - 17:54)	City Performance (17:12 - 17:18)	Workshop: Nordic walking (09:00 - 10:00)
FRA 7	<i>City Orienteering (10:00 - 14:00)</i> <i>City Performance (17:48 - 17:54)</i>	Workshop: Nordic walking (09:00 - 10:00)	Workshop: Swiss ball (10:30 - 11:30)	City Performance (17:18 - 17:24)	
FRA 8	<i>*City Orienteering (10:00 - 14:00)</i>	City Performance (16:00 - 16:06)	Workshop: Swiss ball (09:00 - 10:00)	City Performance (16:54 - 17:00)	Workshop: Aqua'forme (09:00 - 09:45)
FRA 9	<i>*City Orienteering (10:00 - 14:00)</i>	City Performance (17:24 - 17:30)	Workshop: Darts (09:00 - 10:00)	City Performance (16:48 - 16:54)	Workshop: Peteca (10:30 - 11:30)
FRA 10	<i>*City Orienteering (10:00 - 14:00)</i>	Workshop: Back strengthening (10:30 - 11:30)	City Performance (17:42 - 17:48)	City Performance (17:24 - 17:30)	Workshop: Darts (09:00 - 10:00)



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FRA 11	City Orienteering (10:00 - 14:00) City Performance (17:18 - 17:24)	City Performance (17:42 - 17:48)	Workshop: Back strenghtening (09:00 - 10:00)	Workshop: Pilates (09:00 - 10:00)	
FRA 12	City Orienteering (10:00 - 14:00) City Performance (16:24 - 16:30)	Workshop: Peteca (09:00 - 10:00)	City Performance (16:54 - 17:00)	Workshop: Palet vendéen local game (10:30 - 11:30)	
FRA 13	<i>*City Orienteering (10:00 - 14:00)</i>	City Performance (17:24 - 17:30)	City Performance (16:48 - 16:54)	Workshop: Cabaret (09:00 - 10:00)	Workshop: Nordic walking (10:30 - 11:30)
FRA 14	City Orienteering (10:00 - 14:00) City Performance (17:30 - 17:36)	Workshop: Seated gymnastic (10:30 - 11:30)	City Performance (16:30 - 16:36)	Workshop: Palet vendéen local game (09:00 - 10:00)	
FRA 15	City Orienteering (10:00 - 14:00) City Performance (17:12 - 17:18)	Workshop: Swiss ball (09:00 - 10:00)	City Performance (17:06 - 17:12)	Workshop: Palet vendéen local game (09:00 - 10:00)	
FRA 16	<i>*City Orienteering (10:00 - 14:00)</i>	City Performance (16:54 - 17:00)	Workshop: Sea wadding (10:30 - 11:30)	City Performance (17:48 - 17:54)	Workshop: Circus (09:00 - 10:00)
GER 1	City Orienteering (10:00 - 14:00) City Performance (16:00 - 16h06)	Workshop: Nordic walking (10:30 - 11:30)	Workshop: Aqua'run (10:00 - 10:45)	City Performance (17:30 - 17:36)	
GER 2	<i>*City Orienteering (10:00 - 14:00)</i>		City Performance (16h12 - 16h18)	City Performance (17h30 - 17h36)	
GER 2_1		Workshop: Darts (10:30 - 11:30)			Workshop: Palet vendéen local game (10:30 - 11:30)
GER 2_2		Workshop: Darts (09:00 - 10:00)			Workshop: Palet vendéen local game (09:00 - 10:00)
GER 3	City Orienteering (10:00 - 14:00)	City Performance (17:18 - 17:24)	City Performance (16:06 - 16:12)		
GER 4	City Orienteering (10:00 - 14:00) City Performance (16:06 - 16:12)	City Performance (16:06 - 16:12)	Workshop: Yoga (09:00 - 10:00)	Workshop: Sea wadding (10:30 - 11:30)	



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GER 5	City Orienteering (10:00 - 14:00) City Performance (17:30 - 17:36)	City Performance (17:30 - 17:36)	Workshop: Rythmic gymnastics (10:30 - 11:30)	Workshop: Swiss ball (10:30 - 11:30)	
GRE 1	City Orienteering (10:00 - 14:00) City Performance (16:12 - 16:18)	City Performance (16:12 - 16:18)	Workshop: Sea wadding (09:00 - 10:00)	Workshop: Yoga (10:30 - 11:30)	
ISL 1	*City Orienteering (10:00 - 14:00)	City Performance (17:42 - 17:48)	City Performance (16:30 - 16:36)		
ISL 1_1				Workshop: Balls game (10:30 - 11:30)	Workshop: Petanque bowl (10:30 - 11:30)
ISL 2_2				Workshop: Balls game (09:00 - 10:00)	Workshop: Petanque bowl (09:00 - 10:00)
ISL 2	City Orienteering (10:00 - 14:00)	City Performance (16:36 - 16:42)		City Performance (16:06 - 16:12)	
ISL 3	City Orienteering (10:00 - 14:00) City Performance (17:30 - 17:36)	City Performance (16:00 - 16:06)	Workshop: Special choreography (09:00 - 10:00)	Workshop: Circus (09:00 - 10:00)	
ISL 4	City Orienteering (10:00 - 14:00) City Performance (16:42 - 16:48)	City Performance (17:06 - 17:12)	Workshop: Peteca (09:00 - 10:00)	Workshop: Darts (10:30 - 11:30)	
ISL 5	City Orienteering (10:00 - 14:00)		City Performance (16:18 - 16:24)	City Performance (16:06 - 16:12)	
ISL 6	City Orienteering (10:00 - 14:00) City Performance (17:12 - 17:18)	Workshop: Nordic walking (09:00 - 10:00)	Workshop: Darts (09:00 - 10:00)	City Performance (17:30 - 17:36)	
ITA 1	City Orienteering (10:00 - 14:00) City Performance (17:48 - 17:54)	City Performance (17:24 - 17:30)	Workshop: Circus (10:30 - 11:30)	Workshop: Special choreography (09:00 - 10:00)	
ITA 2	City Orienteering (10:00 - 14:00) City Performance (17:18 - 17:24)	Workshop: Cabaret (10:30 - 11:30)	Workshop: Swiss ball (10:30 - 11:30)	City Performance (17:00 - 17:06)	
ITA 3	*City Orienteering (10:00 - 14:00)	Workshop: Pilates (10:30 - 11:30)	City Performance (17:00 - 17:06)	City Performance (16:48 - 16:54)	Workshop: Cabaret (10:30 - 11:30)



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ITA 4	*City Orienteering (10:00 - 14:00)	City Performance (17:00 - 17:06)	Workshop: Sea wadding (10:30 - 11:30)	City Performance (17:06 -17:12)	Workshop: Swiss ball (09:00 - 10:00)
ITA 5	<i>City Orienteering (10:00 - 14:00)</i>	City Performance (16:42 - 16:48)	City Performance (17:54 - 18:00)		
ITA 6	<i>City Orienteering (10:00 - 14:00)</i> City Performance (16:24 - 16:30)	Workshop: Cabaret (09:00 - 10:00)	City Performance (16:00 - 16:06)	Workshop: Swiss ball (10:30 - 11:30)	
ITA 7	<i>City Orienteering (10:00 - 14:00)</i> City Performance (17:54 - 18:00)	Workshop: Special choreography (10:30 - 11:30)	Workshop: Cabaret (09:00 - 10:00)	City Performance (17:12 - 17:18)	
JPN 1	*City Orienteering (10:00 - 14:00)	City Performance (17:06 - 17:12)	City Performance (17:24 - 17:30)	Workshop: Cabaret (10:30 - 11:30)	Workshop: Seated gymnastic (10:30 - 11:30)
LAT 1	<i>City Orienteering (10:00 - 14:00)</i>	Workshop: Special choreography (11:45 - 12:45)	City Performance (16:18 - 16:24)	Workshop: Cabaret (09:00 - 10:00)	
LAT 2	<i>City Orienteering (10:00 - 14:00)</i> City Performance (17:18 - 17:24)	Workshop: Back strengthening (10:30 - 11:30)	Workshop: Seated gymnastic (10:30 - 11:30)	City Performance (16:54 - 17:00)	
LAT 3	<i>City Orienteering (10:00 - 14:00)</i> City Performance (17:42 - 17:48)	Workshop: Cabaret (10:30 - 11:30)	Workshop: Aqua'forme (09:00 - 09:45)	City Performance (17:36 - 17:42)	
LTU 1	<i>City Orienteering (10:00 - 14:00)</i> City Performance (17:36 - 17:42)	Workshop: Step (10:30 - 11:30)	City Performance (17:42 - 17:48)	Workshop: Circus (10:30 - 11:30)	
LTU 2	*City Orienteering (10:00 - 14:00)	Workshop: Step (09:00 - 10:00)	City Performance (16:30 - 16:36)	City Performance (16:36 - 16:42)	Workshop: Circus (10:30 - 11:30)
LTU 3	*City Orienteering (10:00 - 14:00)	City Performance (16:42 - 16:48)	City Performance (16:42 - 16:48)	Workshop: Back strengthening (10:30 - 11:30)	Workshop: Sea wadding (10:30 - 11:30)
LUX 1	*City Orienteering (10:00 - 14:00)	Workshop: Balls game (09:00 - 10:00)	City Performance (17:36 - 17:42)	City Performance (17:54 - 18:00)	Workshop: Pilates (09:00 - 10:00)
NOR 1	*City Orienteering (10:00 - 14:00)	City Performance (17:54 - 18:00)	City Performance (17:30 - 17:36)	Workshop: Folkloric dance (09:00 - 10:00)	Workshop: Seated gymnastic (09:00 - 10:00)



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NOR 2	<i>*City Orienteering (10:00 - 14:00)</i>	City Performance (16:12 - 16:18)	City Performance (17:24 - 17:30)	Workshop: Seated gymnastic (09:00 - 10:00)	Workshop: Back strenghtening (09:00 - 10:00)
NOR 3	<i>City Orienteering (10:00 - 14:00)</i>	City Performance (16:36 - 16:42)	City Performance (17:42 - 17:48)		
NOR 4	<i>City Orienteering (10:00 - 14:00)</i> City Performance (16:30 - 16:36)	Workshop: Seated gymnastic (10:30 - 11:30)	Workshop: Back strenghtening (10:30 - 11:30)	City Performance (16:30 - 16:36)	
NOR 5	<i>City Orienteering (10:00 - 14:00)</i> City Performance (16:30 - 16:36)	City Performance (16:48 - 16:54)		Workshop: Pilates (10:30 - 11:30)	Workshop: Folkloric dance (10:30 - 11:30)
NOR 6	<i>*City Orienteering (10:00 - 14:00)</i>	City Performance (17:48 - 17:54)	City Performance (16:48 - 16:54)	Workshop: Pilates (10:30 - 11:30)	Workshop: Darts (10:30 - 11:30)
NOR 7	<i>City Orienteering (10:00 - 14:00)</i>	City Performance (16:24 - 16:30)	Workshop: Petanque bowl (10:30 - 11:30)	Workshop: Special choreography (11:45 - 12:45) City Performance (16:24 - 16:30)	
NOR 8	<i>City Orienteering (10:00 - 14:00)</i>	City Performance (17:48 - 17:54)	City Performance (16:00 - 16:06)		
NOR 9	<i>City Orienteering (10:00 - 14:00)</i> City Performance (17:06 - 17:12)	Workshop: Rythmic gymnastics (09:00 - 10:00)	City Performance (17:36 - 17:42)	Workshop: Swiss ball (09:00 - 10:00)	
NOR 10	<i>City Orienteering (10:00 - 14:00)</i> City Performance (16:30 - 16:36)			City Performance (17:00 - 17:06)	
NOR 10_1		Workshop: Yoga (10:30 - 11:30)	Workshop: Nordic walking (10:30 - 11:30)		
NOR 10_2		Workshop: Yoga (09:00 - 10:00)	Workshop: Nordic walking (09:00 - 10:00)		
NOR 11	<i>City Orienteering (10:00 - 14:00)</i> City Performance (16:54 - 17:00)	Workshop: Back strenghtening (09:00 - 10:00)	City Performance (17:06 - 17:12)	Workshop: Step (10:30 - 11:30)	



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NOR 12	City Orienteering (10:00 - 14:00) City Performance (16:48 - 16:54)	Workshop: Step (10:30 - 11:30)	Workshop: Pilates (10:30 - 11:30)	City Performance (16:42 - 16:48)	
NOR 13	City Orienteering (10:00 - 14:00) City Performance (17:06 - 17:12)	Workshop: Petanque bowl (10:30 - 11:30)	City Performance (16:48 - 16:54)	Workshop: Yoga (09:00 - 10:00)	
NOR 14	City Orienteering (10:00 - 14:00) City Performance (16:00 - 16:06)	City Performance (16:36 - 16:42)	Workshop: Darts (10:30 - 11:30)	Workshop: Seated gymnastic (09:00 - 10:00)	
NOR 15	City Orienteering (10:00 - 14:00) City Performance (17:54 - 18:00)	City Performance (16:48 - 16:54)	Workshop: Petanque bowl (09:00 - 10:00)	Workshop: Aqua'run (10:00 - 10:45)	
NOR 16	City Orienteering (10:00 - 14:00) City Performance (17:00 - 17:06)	Workshop: Nordic walking (10:30 - 11:30)	Workshop: Yoga (10:30 - 11:30)	City Performance (16:42 - 16:48)	
NOR 17	City Orienteering (10:00 - 14:00) City Performance (16:42 - 16:48)	City Performance (16:18 - 16:24)	Workshop: Palet vendéen local game (10:30 - 11:30)	Workshop: Pilates (09:00 - 10:00)	
NOR 18	*City Orienteering (10:00 - 14:00)	City Performance (17:18 - 17:24)	City Performance (17:48 - 17:54)	Workshop: Special choreography (10:30 - 11:30)	Workshop: Nordic walking (10:30 - 11:30)
NOR 19	*City Orienteering (10:00 - 14:00)	Workshop: Aqua'run (10:00 - 10:45)	City Performance (17:12 - 17:18)	City Performance (16:00 - 16:06)	Workshop: Nordic walking (09:00 - 10:00)
NOR 20	*City Orienteering (10:00 - 14:00)	City Performance (16:00 - 16:06)	Workshop: Darts (10:30 - 11:30)	City Performance (16:36 - 16:42)	Workshop: Balls game (10:30 - 11:30)
NOR 21	City Orienteering (10:00 - 14:00) City Performance (16:24 - 16:30)	Workshop: Aqua'run (10:00 - 10:45)	City Performance (16:06 - 16:12)	Workshop: Nordic walking (09:00 - 10:00)	
POR 1	*City Orienteering (10:00 - 14:00)	Workshop: Swiss ball (10:30 - 11:30)	City Performance (16:00 - 16:06)	City Performance (16:18 - 16:24)	Workshop: Peteca (09:00 - 10:00)



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POR 2	<i>City Orienteering</i> (10:00 - 14:00) City Performance (16:54 - 17:00)	Workshop: Folkloric dance (11:45 - 12:45)	Workshop: Balls game (09:00 - 10:00)	City Performance (16:06 - 16:12)	
POR 3	<i>City Orienteering</i> (10:00 - 14:00) City Performance (17:48 - 17:54)	Workshop: Folkloric dance (11:45 - 12:45)	Workshop: Cabaret (11:45 - 12:45)	City Performance (17h42 - 17h48)	
POR 4	<i>City Orienteering</i> (10:00 - 14:00) City Performance (16:36 - 16:42)	Workshop: Circus (09:00 - 10:00)	Workshop: Petanque bowl (10:30 - 11:30)	City Performance (16:00 - 16:06)	
POR 5	<i>*City Orienteering</i> (10:00 - 14:00)		Workshop: Folkloric dance (11:45 - 12:45)	City Performance (17:48 - 17:54)	Workshop: Sea wadding (09:00 - 10:00)
POR 6	<i>City Orienteering</i> (10:00 - 14:00) City Performance (17:36 - 17:42)	Workshop: Aqua'forme (09:00 - 09:45)	Workshop: Folkloric dance (11:45 - 12:45)		
POR 7	<i>City Orienteering</i> (10:00 - 14:00) City Performance (16:48 - 16h54)	Workshop: Swiss ball (09:00 - 10:00)	City Performance (16:36 - 16:42)	Workshop: Palet vendéen local game (10:30 - 11:30)	
POR 8	<i>City Orienteering</i> (10:00 - 14:00)	City Performance (16:30 - 16:36)	City Performance (16:12 - 16:18)		
SLO 1	<i>City Orienteering</i> (10:00 - 14:00) City Performance (16:18 - 16:24)	Workshop: Palet vendéen local game (10:30 - 11:30)	Workshop: Back strengthening (09:00 - 10:00)	City Performance (16:12 - 16:18)	
SUI 1	<i>*City Orienteering</i> (10:00 - 14:00)	Workshop: Special choreography (09:00 - 10:00)	City Performance (17:00 - 17:06)	City Performance (16:12 - 16:18)	Workshop: Folkloric dance (10:30 - 11:30)
SUI 2	<i>City Orienteering</i> (10:00 - 14:00) City Performance (16:42 - 16:48)	Workshop: Petanque bowl (09:00 - 10:00)	City Performance (16:42 - 16:48)	Workshop: Darts (09:00 - 10:00)	
SUI 3	<i>*City Orienteering</i> (10:00 - 14:00)	City Performance (16:12 - 16:18)		City Performance (16:18 - 16:24)	



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SUI 3_1			Workshop: Seated gymnastic (09:00 - 10:00)		Workshop: Yoga (09:00 - 10:00)
SUI 3_2			Workshop: Seated gymnastic (10:30 - 11:30)		Workshop: Yoga (10:30 - 11:30)
SUI 4	City Orienteering (10:00 - 14:00) City Performance (16:36 - 16:42)	Workshop: Peteca (10:30 - 11:30)	Workshop: Back strenghtening (10:30 - 11:30)	City Performance (16:30 - 16:36)	
SUI 5	City Orienteering (10:00 - 14:00) City Performance (16:48 - 16:54)	Workshop: Back strenghtening (09:00 - 10:00)	Workshop: Palet vendéen local game (09:00 - 10:00)	City Performance (16:30 - 16:36)	
SUI 6	City Orienteering (10:00 - 14:00)	City Performance (16:06 - 16:12)		City Performance (16:00 - 16:06)	
SVK 1	*City Orienteering (10:00 - 14:00)		City Performance (16:36 - 16:42)	City Performance (17:36 - 17:42)	
SVK 1_1		Workshop: Sea wadding (09:00 - 10:00)			Workshop: Pilates (10:30 - 11:30)
SVK 1_2		Workshop: Sea wadding (10:30 - 11:30)			Workshop: Pilates (09:00 - 10:00)
SVK 2	City Orienteering (10:00 - 14:00)	City Performance (16:24 - 16:30)		City Performance (16:24 - 16:30)	
SVK 3	City Orienteering (10:00 - 14:00)		City Performance (16:54 - 17:00)	City Performance (17:24 - 17:30)	
SVK 4	City Orienteering (10:00 - 14:00)	City Performance (17:30 - 17:36)		City Performance (17:18 - 17:24)	
SVK 5	City Orienteering (10:00 - 14:00)	City Performance (17:42 - 17:48)	City Performance (16:24 - 16:30)		
SWE 1	City Orienteering (10:00 - 14:00) City Performance (17:00 - 17:06)	City Performance (17:36 - 17:42)	Workshop: Step (10:30 - 11:30)	Workshop: Cabaret (11:45 - 12:45)	

*City Orienteering is not mandatory for the participants, so it can be a free day.



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Plan B

City Performances

If Plan B has to be activated, the schedule remains the same as in the plan A.

Plan A	Plan B
Congress Center Les Atlantes	Congress Center Les Atlantes
Tribunal Square	Gymnase Beauséjour (30 rue Beauséjour, 85100 Les Sables d'Olonne)
Liberty Square	Gymnase du Centre (Rue Octave Voyer, 85100 Les Sables d'Olonne)

Workshops

In case of bad weather, all outdoor workshops will be cancelled. Only the Cabaret and Darts workshops will go ahead and will take place as planned at the Congress Center Les Atlantes. Head of delegations will be informed of any such changes the day before the event.

Two alternative workshop venues will be made available in case of bad weather: the Centre's sports hall and the Beauséjour sports hall. The breakdown of activities is set out in the table below.

No prior registration will be required to take part in the workshops held at the alternative venues in case of bad weather. You will need to show your accreditation to gain access to the activities.

	Tuesday, October 6th		Wednesday, October 7th		Thursday, October 8th		Friday, October 9th	
	9h - 10h	10h30 - 11h30	9h - 10h	10h30 - 11h30	9h - 10h	10h30 - 11h30	9h - 10h	10h30 - 11h30
Beauséjour - Basketball arena	Aerodance	Aero-dance	Zumba	Zumba	Aerodance	Aero-dance	Zumba	Zumba
Beauséjour - Gymnastic hall	Stretching	Stretching	Tai Chi	Tai Chi	Stretching	Stretching	Tai Chi	Tai Chi
Centre's sport hall	Tango	Country Dance	Tango	Country Dance	Tango	Country Dance	Tango	Country Dance
Atlantes - Room 3 mâts	Cabaret	Cabaret	Cabaret	Cabaret	Cabaret	Cabaret	Cabaret	Cabaret
Atlantes - Room Caravelle	Darts	Darts	Darts	Darts	Darts	Darts	Darts	Darts



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Les Atlantes

A unique site to gather

The lobby of the Congress Center Les Atlantes will be a welcoming space where we can welcome you, guide you, share some friendly moments and ensure you leave with some lovely memories.

Find out more and explore

The reception desk will be open to welcome you and answer any questions you may have from Saturday 3rd October to Friday 9th October, from 7.30 AM to 7 PM.

The tourist information office will be at the Atlantes from Monday 5th to Thursday 8th, from 11 AM to 3 PM.

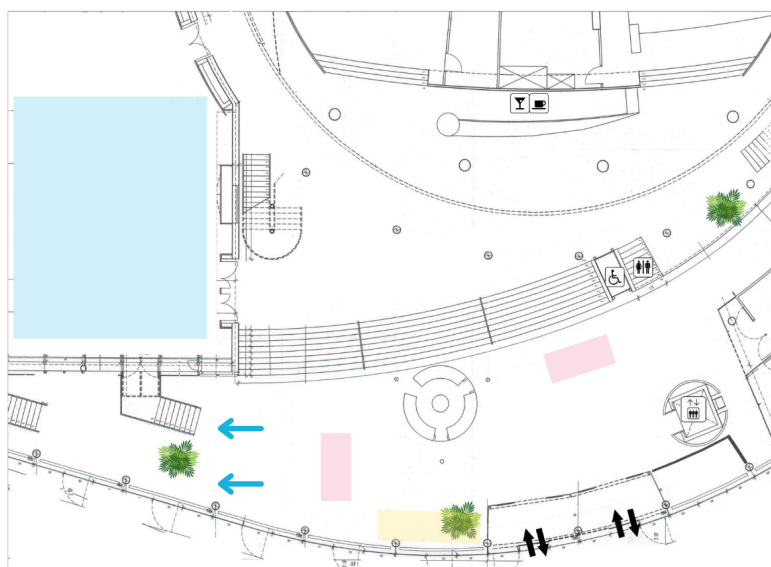
Shopping and relaxation

The shop will be set up opposite the reception desk and will offer a wide range of souvenirs from this 10th edition. It will be open from Saturday 3rd to Friday 9th from 9 AM until 6 PM.

A Café-Bar will also be open in the Congress Centre, where you can meet up and enjoy a friendly chat.

Hall du Centre des Congrès des Atlantes

The main hall of the Atlantes Congress Center



 Entrée Atlantes
Atlantes Entrance

Accréditations

 Distribution des accréditations
Distribution of accreditations

Durant toute la semaine
All week long

 Point information
Information Point

 Café - Bar

 Boutique et Office de Tourisme
Shop and tourist information center

Temps de restauration
Lunch and evening

 Salle de restauration et soirée
dansante
Dining room and dance evening

 Contrôle et accès
Control and access



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Meals based on sharing

For this edition 2026, the organizing committee chose to innovate. Forget the meals taken in small groups in the hotels. We propose a food area in the heart of the event, in the Congress Center Les Atlantes. A place to meet, talk, share and spend great moments.

In order to adapt to your stay, we propose a dinner from Saturday 3rd October, then every lunches and dinners, until Saturday 10th October's lunch. As you are free to choose, you can personalize your stay by selecting, day by day, lunches and dinners according to your wish.

Proposed as self-service, the meals, different each day, will honour the French cuisine and invite you to discover the culture of Vendée region. A few surprises of European dishes will also be served. Each meal will include a starter, a main course and a dessert. **Staff will be on hand behind each buffet to serve you.**

EXEMPLE GOLDEN AGE 2026 MENU OF THE DAY

STARTERS

Shrimp, avocado, tomato and feta cocktail
Melon, prosciutto, sea salad
Ham / 1 mixed salad

MAIN COURSES

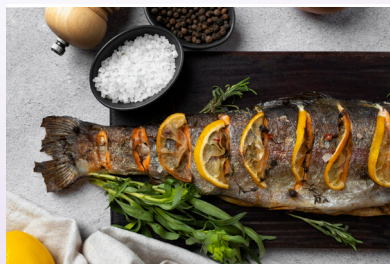
Duck parmentier
Vegetarian dish
Beef and fries
Grilled local fish

DESSERTS

Paris-Brest
Custard flan
Chocolate mousse
Fruits salad

The prices include a starter, a main course and a dessert. A vegetarian option will always be available. Tap water will be available free of charge.

You will also have access to a bar, where hot and cold drinks will be on sale (sodas, wine, beers, fruit juices, coffee, tea,...)



These photos are non contractual.



Meals - additional booking

It will be possible to book additional meals from September 7, 2026 to September 23, 2026 included. Bookings will be possible only via the official event website through «Services», then «Food» and «Order meals».

1. Access to the app

A personal username and password have been provided to each Head of Delegation and Team Leader. These credentials will grant access to the meal booking section.

2. Meal selection

Additional meals can be booked individually, meal by meal, directly from the app. Each group will see the meals already ordered and will be able to book additional ones.

3. Selection and confirmation

Tick each meal wished per person, per day and per meal (lunch or dinner).

4. Invoicing and payment

At the end of the booking, an invoice will be generated. The link for the payment will be available directly for a secure payment via STRIPE.

You can pay by card, online.

The meals booking will be approved, once the payment is done.

5. Booking period

Bookings can be made at any time during the scheduled period, from September 7 to 23. After this date, it will no longer be possible to make additional bookings via the app.

Participants should contact their team leader to order additional meals.

Café - Bar

In the Congress Center Les Atlantes, which will be the heart of this Golden Age, you'll find a café/bar serving hot and cold drinks, as well as cakes to nibble on. The café-bar aims to be the ideal meeting place where you can get together, chat and share stories whilst sitting in comfort.

The Café/Bar will be open **from Sunday 3rd October to Friday 9th October, in the mornings from 9 AM to 12 PM and in the afternoons from 2 PM to 5.30 PM.** It will also be open during the evening festivities.

Outside these opening hours, it will be reserved for on-site dining for those who have ordered meals.

Excursions

Les Sables d'Olonne Tourist Office offers a selection of tours and excursions to help you discover the town, its history, its heritage and its iconic landscapes, at your own pace.

For further information and bookings, you'll find all the details [here \(https://www.lesablesdolonne.fr/golden-age-gymnastique/\)](https://www.lesablesdolonne.fr/golden-age-gymnastique/).

The Tourist Office will also be at Les Atlantes to provide you with information.

Please note: as some tours have a limited number of places, please remember to book in advance!

On land

Guided tour of Les Sables d'Olonne



A guided tour to learn everything about Les Sables d'Olonne. As you explore the town's neighbourhoods and iconic landmarks, discover its 800-year history, its rich maritime heritage and its seaside heritage.

€8 adult
Duration: 1 hour to 1.5 hours

Guided tour of the historic district of La Chaume

A former maritime village situated on the other side of the channel, La Chaume flourished in the Middle Ages, driven by trade and fishing. Discover the Priory and the Saint Nicolas jetty, Villa Charlotte, and the Tower of Arundel – all places that bear witness to La Chaume's maritime heritage. Stroll through the picturesque narrow streets lined with small fishermen's cottages and let yourself be charmed by this colourful neighbourhood.

€8 adult
Duration: 1 to 1.5 hours





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At sea Boat trip



Boat trips will be organised during your stay in Les Sables d'Olonne, giving you the chance to explore the Bay of Les Sables and the wild coastline. Come aboard the P'tit Natien for a sea cruise lasting around an hour: you'll begin your sea cruise by following the channel of the famous Vendée Globe race, then sail along the wild coast of La Chaume, where you'll see the Phare des Barges lighthouse, and finally take in the magnificent Bay of Les Sables d'Olonne.

€7 adult
Duration: 2 hours

Tour of the IMOCA T-One-One the famous Vendée Globe sailing boat

Guided tour of a legendary IMOCA that competed in the first Vendée Globe. You'll discover the former Écureuil d'Aquitaine II, winner of the first Vendée Globe in 1989.

Booking is free.
Duration: approximately 30 minutes.



Tour of the Drakkar



The crew recounts the incredible adventure of building the drakkar on the Île d'Olonne and reveals the little-known links between these northern seafarers and the Vendée. Organised by Le Drakkar de Vendée.

€7 per adult and for those aged 12 and over.

Between land and sea

Tour of the salt marshes



Set off to explore the salt marshes by boat, then continue your tour at the Salt Adventure Park. You'll wander along the 'white gold' trails and meet a salt worker who'll share all the secrets of his traditional craft.

Option to visit just the Salt Adventure Park.

From €16 adult

Duration: 2 hours

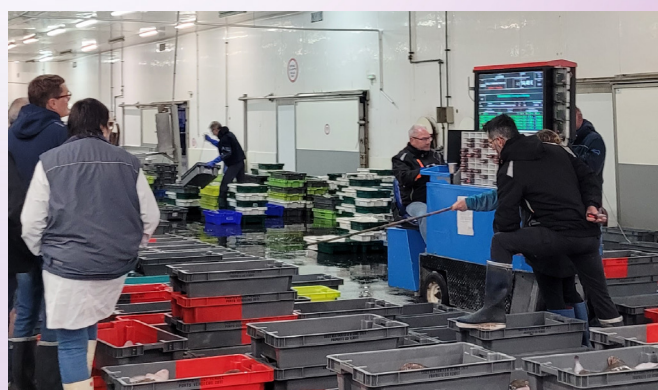
Tour of the fish auction

Welcome to the Les Sables d'Olonne Fish Market. Guides from the Meravenir association will take you behind the scenes at the fishing port. You'll learn all about the fishermen's practices and techniques, the variety of fish and shellfish caught along the Vendée coast, how the fish market staff prepare the catch for sale, the sales techniques, and the role of the fish wholesalers.

The tour concludes with a film showcasing the various activities involved in capture fishing.

€7 adult

Duration: 2 hours



Photographic credit: Alexandre Lamoureux

Les Sables Friends

Groups registered have been paired with one or two other groups. Don't miss the opportunity to share moments, an ice cream, a glass of wine, an open Workshop, exchange a present, share a «Les Sables friends» experience with your paired group!

AZE 1	POR 2	
NOR 1	ITA 1	
NOR 3	SVK 2	
NOR 4	SUI 2	
NOR 10	FIN 5	
NOR 12	ISL 5	
NOR 8	SVK 1	
CZE 6	ISL 1	SVK 4
GER 2	SUI 3	
NOR 13	SUI 5	
SVK 3	EST 1	
BUL 1	ISL 2	
CZE 3	ITA 7	POR 7
NOR 15	FIN 3	
GER 1	LUX 1	
FIN 4	GER 4	
CZE 5	NOR 6	BUL 4
CZE 7	GRE 1	FRA 11
SUI 1	CZE 1	
FRA 8	POR 5	
NOR 9	SUI	
CZE 8	POR 4	
NOR 17	BUL 5	
ISL 3	FRA 2	
FRA 16	POR 1	

NOR 14	FRA 6	
FRA 15	NOR 11	
NOR 18	SUI 4	
ISL 6	ITA 2	
FRA 12	POR 6	
FRA 10	EST 6	
FRA 4	GER 5	
LTU 2	EST 4	FRA 13
FIN 1	NOR 20	
CZE 4	FIN 7	
NOR 21	LTU 3	
DEN 1	JPN 1	
FRA 3	NOR 19	
ITA 6	NOR 16	
ISL 4	DEN 2	
ITA 3	NOR 7	
FRA 7	EST 5	
EST 3	POR 3	
LAT 3	FRA 1	
GER 3	ITA 4	
NOR 5	LAT 1	
EST 7	FRA 9	
FRA 14	FIN 6	
CZE 7	ITA 5	
SVK 5	LAT 2	



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City orienteering

On Monday October 5th, City Orienteering invites you to discover the key venues of the Golden Age Gym Festival. The start point will be in front of the Congress Center Les Atlantes. As you follow the route, let yourself be guided through the city, with anecdotes, discoveries and history, as you explore the city. A present will be offered to all participants of the City Orienteering, when they come back to the Info Point with the completed "City Orienteering Ticket".

Festive evenings

REPRESENT YOUR COUNTRY

Monday 5th October
9 PM - 11.30 PM



WHITE PARTY

Tuesday 6th October
9 PM - 11.30 PM

TRADITIONAL DANCE

Thursday 8th October
9 PM - 11.30 PM



European
Gymnastics



les Sables
d'Olonne...
VILLE & AGGLOMÉRATION

Forum Gym Health keep moving to age well

Gym Health is a strong axis of the federal project of the French Federation of Gymnastics. It focuses on health as a major and transversal stake, for all ages and all the audience.

During this forum, the speakers will share the vision of the French Federation of Gymnastics around four key principles: prevention, care, well-being throughout life, especially for seniors, and the pleasure to practice.

With a strong and recognized expertise for the work with the senior audience, the Federation has settled for several years some dedicated projects, supported by institutional partners (Ministry, conference of the financial supporters). Managed by specially trained coaches, the gymnastics activities which are proposed permit to improve the balance, the coordination, the muscle reinforcement, the stretching and the motricity, which contribute to the autonomy and the quality of life of elderly people.

The forum will be held in the Congress Center on Wednesday (1.30 PM to 2.30 PM). It will be open for all accredited participants (gymnasts, coaches, heads of delegation, group leaders). No registration is needed but access will be subject to the number of available seats.

Medical Info

Les Sables d'Olonne and the Organizing Committee will do everything in their power to welcome you safely. A medical team will be present every day during the Golden Age Gym Festival 2026.

A high-level hospital will also be ready to take care of you in case of any need :

Côte de Lumière hospital
4 rue Jacques Monod
85340 Les Sables d'Olonne

In case of emergency, you can phone the **112**.

A doctor's office will be open at the Atlantes site. The doctor will be on duty from Monday to Friday, in the mornings from 10 AM to 12 PM and in the afternoons from 2 PM to 4 PM.

A first-aid position will be set up on the Remblai and another at the Square du Tribunal to provide assistance during the workshops and City Performances.

The emergency services and Les Sables d'Olonne Hospital will be kept informed of the Golden Age schedule and will be aware that they may be called upon if necessary.

Gymnastics for All Technical Committee of European Gymnastics



Ricardo Lima

President



Emiliana Polini

Vice-President
Task Force Golden Age



Marina Maeder

Task Force Golden Age



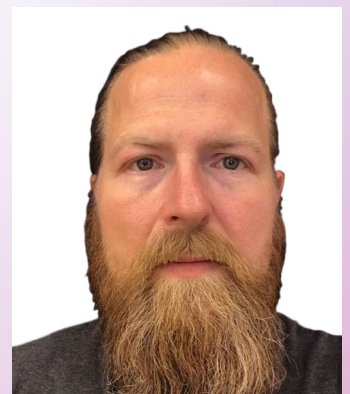
Ruslan Eyvazov



Valérie Grandjean



Agnes Hartmann



Lasse Hauser



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French Federation of Gymnastics and Local Organizing Committee



Dominique Mérieux

French Federation
President



Mickaël Deroubaix

French Federation
Vice-President



Luc Le Roy

LOC President



Régis Walker

Event Director



Thierry Gauvin

Technical Director



Jean-Paul Mahé

Deputy Technical Director



Valérie Grandjean

Ceremonies



Evelyne Frugier

Workshops



Offical contacts



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MORE INFORMATION ON WWW.GOLDENAGE2026.COM