INSPIRE & EMPOWER CHAMPIONS

IN SPORT AND LIFE



Hosted by:

Team Saskatchewan Gymnaestrada

and

Gymnastics Saskatchewan

306-780-9229 1734 Elphinstone St, Regina SK info@gymsask.com

Information Bulletin #1

General Information

Date: May 24th, 2026
Location: Saskatoon Fieldhouse – 2020 College Dr, Saskatoon, SK
Time: Group practices/dress rehearsal in the morning followed by the show at 2:00pm

Eligibility

Provincial Gymnaestrada is a gymnastics-for-All, performance-based event that is open to all general gymnastics performance gymnasts. It is recommended that gymnasts participating have a minimum of 2 years' experience.

Minimum group size should be 5 participants and routines should be a maximum of 5 minutes in length.
Exceptions may be made at the discretion of the organizing committee. Please reach out to Gym Sask if you have questions.

Adjudication

This year will be an adjudication-based event in preparation for Canadian Gymnaestrada. A panel of adjudicators will watch and review routines and following the performances, written feedback will be provided to coaches.

An adjudication template will be provided in bulletin 2.

Specialty award winners will be selected by the adjudication panel and awarded following the completion of all performances.

Registration

- Registration fees: $80 per group of 5 or more
- Registration is due by April 26th, 2026, by online submission here - https://activitymessenger.com/p/fk4awt8
- A late fee of $25 will apply for registrations submitted after the April 26th deadline.

Mass Routines

Our provincial Mass routines will be included and performed at Provincial Gymnaestrada. Groups are encouraged to select the Mass Routine that best suits their abilities to learn and perform.

Choreography and music for all provincial mass routines can be found on the Gym Sask website at this link: GYMNASTICS FOR ALL — Gymnastics Saskatchewan

There will be a short practice for each mass routine on Sunday morning to arrange formations and review choreography.

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