



GYM FOR LIFE CONTEST SCHEDULE



26 September 2019 UCT Sports Centre

Teams / Province	Title of Performance	Amount of gymnasts	Evaluation
8:00 am Teams report General warm up			Donna Abrahams Patrick Esau Nazema Hendricks
8:30 am Welcome March on			
9:00 am Round 1: Dry Run 9:45 am Round 2: Contest			
1. Eastridge Primary (WC)	African Dream	11	
2. Tsolo Hub (EC)	Joy of Movement	10	
3. Netreg Club (WC)	Colour Fun	13	
4. Bemur Club (WC)	Wiggles and Shadows	17	
5. Marshall Gymnastics (LIM)	The Ocean	6	
6. Eastridge Primary (WC)	Girl Child	2	
7. Bemur Club (WC)	Moana	8	
8. Wild Flames Club (GAU)	A night in the Museum – Proudly South African	45	

+ Displays by Cedar School and Future Stars T&T Club

10:45 am Awards Ceremony

11:00 am Team Displays Workshop: How to create “WOW” Moments?