

Join the Gymnaestrada

World Gymnaestrada
2011

Be part of it !




Join the Gymnaestrada

27th – 30th August 2008, Cancun, Mexico



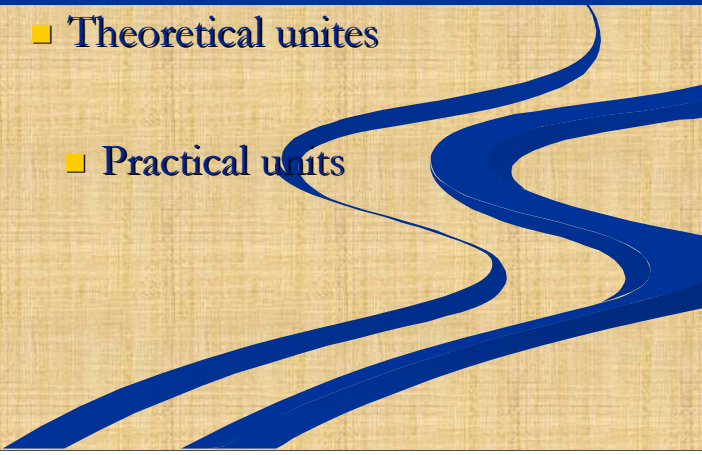
Join the Gymnaestrada

- Houston 2002 – Cancun 2003
 - PAGU – (9 NF)
 - **PAGU delegation for WG 2003 – Lisbon**
(ECU - VEN - HON - MEX - TRI - BRA - CAN - USA - CHI)
 - **Dornbirn 2007 (9 NF)**
 - (BRA – CHI – GUA – HON – CAN – MEX – TRI – USA – VEN)
 - PAGU Evening
 - FIG Gala
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Program

- Theoretical unites

- Practical unites



Theoretical topics

- Gymnastics for All – update
- The World Gymnaestrada, philosophy, objects and programme.
- The 14th World Gymnaestrada Lausanne 2011
- Gym for Life Challenge
- Experiences from “PAGU Group” in WG 2007

Practical units

- Introduction to the PAGU routine
- Theme for PAGU presentation
- Building a mass display routine for PAGU
- Planning a PAGU Group
- How to prepare a plan for World Gymnaestrada
- Presenting the new theme for PAGU routine
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