

Gymnast to run “come & try” session

BY: cyapumi

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The Papua New Guinea High Performance Sport will be facilitating a “Come & Try” gymnastics program for kids.

The program will be run by Gymnastics Australia’s Oceania development manager, Brooke Kneebush.

The program will be held at the Taurama Aquatic Centre (TAC) starting tomorrow from 11-12pm for children between the ages of 1-3 and later at 12-1pm for 4-5-year-olds.

Tuesday’s program will be for kids of ages 6-8 from 3-4pm while 4-5pm is reserved for 9-12 years of age.

Kneebush will also be conducting similar programs in schools across the city during the one-week visit to the country.

She said children will be taught the fundamental movement skills and general coordination they need to lead an active and healthy lifestyle.

"The fundamental movement skills are about a child's ability to have an awareness of their body relative to their environment, to control their movement and to maintain or regain their balance," said Kneebush.

PNG High Performance Sport Science manager, Tom Frost, said Papua New Guineans are born with a natural ability that makes them most suited for the discipline of gymnastics.

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