

# GYMNASTICS FEDERATION OF FIJI



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**AeroGym Competition Village Showdown**

A showdown is set to take place at 10am on **Saturday 19<sup>th</sup> August** between 5 villages battling it out to be AeroGym Village Champions. Teams from the villages of Burerua, Sawakasa, Lodon, Sawakasa II and Dakuinuku have been hard at work choreographing and practicing AeroGym routines to perform in the competition at Lodon Primary School.

AeroGym combines gymnastics skills with dance in a fast-paced, fun and energetic sport. Performing to music the participants demonstrate high intensity, continuous movement patterns, utilising strength, flexibility and agility.

A panel of judges will use set criteria to evaluate the routines for Presentation and Performance to determine the ultimate winning village. But win or lose, the teams have had plenty of fun whilst improving their health and fitness thorough regular exercise.

AeroGym Fiji is an Australian Government funded Pacific Sports Partnerships (PSP) project led by Gymnastics Australia in partnership with the Gymnastics Federation of Fiji. The project aims to address issues facing Fijians including high levels of non-communicable diseases, low levels of physical activity and barriers to women participating in sport. Most of the competition entrants will be women, but be sure to watch out for one Village Headman who will be taking to the stage on Saturday.

The public are invited to come on down and be a part of the audience to see these highly entertaining and crowd-engaging performances!

To find out more or to get involved email [lweir@gymnastics.org.au](mailto:lweir@gymnastics.org.au)