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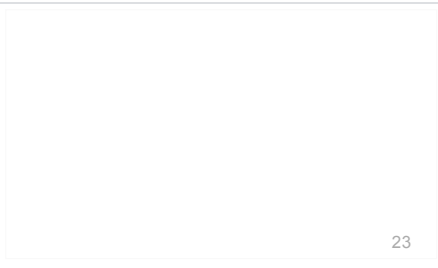
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June 6 ·

Monday 06th June 2016

Come & Try Gymnastics PNG

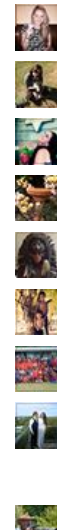
By Rocky Issou

Gymnastics, as an activity sport, has been around for over 2000 years, but as a competitive sport it is a little more than 100 years old, Papua New Guinea has no gymnastics association, however that is all about to change as Brooke Kneebush and Karen Norden from Gymnastics Australia are in the country to introduce Gymnastics as a sport and establish a federation.

With the theme; Come and Try the gymnastics program is designed at getting young children from the ages of 1-12 involved in fun activities of tumbling, rolling and jumping in a safe fun environment that will enable young children interact with the facilitator and in turn develop better co-ordination and physical growth.

"Gymnastics is a great way for kids, and adults, to learn some much needed body awareness with balance, coordination, strength, flexibility, stamina and much more. It serves as a great foundation for all sports and activities, and the best thing about it, is that it's a fun way for kids, and adults to get active and energised", said Oceanic Gymnastics Development Manager Brooke Kneebush.

Kneebush added that schools have also been invited to take part in the come try program and is urging parents to bring their children down to the Taurama Aquatic Centre this week and take advantage of the free fun activities arranged sessions and to establish names and contacts of those parents interested in signing up for the program in the hope of establishing a federation that is run and managed by Papua New Guinean's with funding from the International Gymnastic Federation.



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