

THE WORLD GYMNAESTRADA



The World Gymnaestrada is a world-wide, non-competitive FIG Gymnastics for All event held every 4 years and attracting the largest number of active participants of any FIG event. Participation is for everybody, regardless of gender, age, race, religion, culture, ability or social standing.



The origin of the World Gymnaestrada can be traced back to different national gymnastic festivals. This kind of national festivals already existed in the second half of the 19th century in among others, Austria, Germany, Norway, Sweden and Switzerland. The first known Gymnastics Festival was 1832 in Aarau, Switzerland. Another similar event was the Sokol Festivals in the former Czechoslovakia. The first one was organised 1882. Already from the beginning most of these festivals invited foreign guests which made it an International Gymnastics Festival.

The idea of a more official International Gymnastics Festival was realised in 1949. That year the second Lingiad was organised in Sweden. The first Lingiad was in 1939. The manifestation was held in memory and honour of the creator of Swedish Gymnastics, Per Henrik Ling (1776-1839)



7.399 gymnasts participated 1939 and 14.000 in 1949. Both Lingiades were International Gymnastic Festivals organized by the Swedish Gymnastics Federation.

At the General Assembly of the FIG 1949, J.H.F. Sommer from the Netherlands proposed to carry out an International Gymnastics Festival organised by the FIG. In 1950, the FIG General Assembly decided to integrate an International Gymnastics Festival into their official event programme called 'Gymnaestrada'. The first Gymnaestrada took place in 1953 in Rotterdam.



Jo Sommers explained the word Gymnaestrada as follows:

Gymna from the word Gymnastics

Estrada stage (tribune) for the recreational sport

Strada the long road that was already laid down by the gymnastic clubs and still being followed

WORLD GYMNAESTRADAS 1953-2007

Year	Place	Gymnasts	Federations
1953	Rotterdam, NED	5.000	14
1957	Zagreb, CRO	6.000	17
1961	Stuttgart, GER	10.000	16
1965	Wien, AUT	15.600	26
1969	Basel, SUI	9.600	28
1975	Berlin, GER	10.500	19
1982	Zürich, SUI	14.200	22
1987	Herning, DEN	17.300	26
1991	Amsterdam, NED	18.400	30
1995	Berlin, GER	19.200	34
1999	Göteborg, SWE	20.800	37
2003	Lisboa, POR	21.600	45
2007	Dornbirn, AUT	21.158	53

The next World Gymnaestrada will be organised in Lausanne, SUI. 10-17 July 2011



In 2010 the FIG Council will decide about where the event for 2015 will be allocated.

The objectives of the World Gymnaestrada:

- Promoting the value and diversity of Gymnastics;
- Encouraging the growth of Gymnastics for All worldwide;
- Providing incentives for meaningful work within FIG Member Federations;
- Inspiring enjoyment in exercise and encouraging personal activity;
- Demonstrating the unlimited possibilities of different ideas of Gymnastics for All;
- Presenting the most recent findings and developments in Gymnastics for All;
- Assisting in the general and technical education of Coaches;
- Bringing together gymnasts from the four corners of the globe as a contribution towards the friendship of nations;
- Presenting the diversity of Gymnastics to a wider public.



The World Gymnaestrada is ruled by World Gymnaestrada Regulations and Directives. They are to be found in the Gymnastics for All Manual.

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