



In Motion !

The Gymnastics for All Committee

NEWSLETTER – Nº 01 – November 2025



LAUSANNE (SUI), November 27, 2025

Gymnastics for All Newsletter – Launch Edition



1. Launch of the Gymnastics for All Newsletter

Dear friends, we are excited to announce the launch of the official “Gymnastics for All” Newsletter! This publication aims to connect the global GFA community, share inspiring stories, highlight achievements, and keep everyone informed about upcoming events, educational opportunities, and innovative projects.

Our mission is to foster a sense of unity and growth within the world of Gymnastics for All, ensuring everyone—regardless of age, ability, or background—can find their place in our vibrant

2. Greeting from Rogério Valério, President of Gymnastics for All

A warm welcome from Rogério Valério, President of the FIG Gymnastics for All Committee:

“Gymnastics for All is a gateway into the world of gymnastics—a discipline that anyone can practice throughout their entire life. It means a healthy lifestyle, a chance to stay fit, remain beautiful, and make new friends. Our goal is to become more active, collaborate with all federations, and help gymnastics grow globally. Let’s continue to support each other and share our passion for Gymnastics for All!”

3. Upcoming FIG Events: GFA Colloquium in Mexico

Mark your calendars! The next **FIG Gymnastics for All Colloquium** will take place in **Mexico City, March 18–20, 2026**. This annual event brings together representatives from all FIG Member Federations and Continental Unions to exchange ideas, discuss strategies, and inspire each other. The Mexican Gymnastics Federation will host the event, providing accommodation and meals for one official representative per federation. The programme includes a welcome reception, plenary sessions, and opportunities to share best practices. One topics will include the analysis and further development of the World Gym for Life Challenge and much more to come.

The registration deadline is 8 December 2025. See you in Mexico!



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Picture taken from the 2025 Colloquium in Baku (AZE)

Other major upcoming events include:

- **World Gymnaestrada 2027** in Lisbon, Portugal
- **World Gym for Life Challenge 2029** in Sofia, Bulgaria

4. Education

Education is the most powerful investment in the future of gymnastics. Gymnastics for All is the welcoming entry point into the sport and an inclusive discipline that offers lifelong opportunities for participation and growth.

For this reason, the **FIG Academy – Foundations of Gymnastics course (GFA-based)** serves as a fundamental pillar of the FIG Education Program.

The Committee also offers the “**Join GFA**” **Workshop**, available to all federations.

Contact us—we are ready to support you.



5. Projects

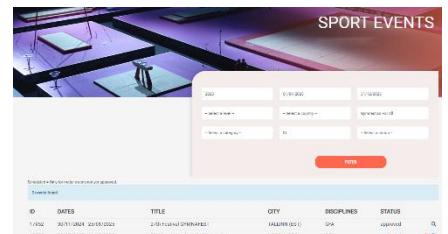
Several exciting projects are underway, including the publication of the next volume of the GFA E-book and updates to the GFA Manual. These initiatives aim to provide federations with practical resources and developmental tools. The committee is also working on new regulations to encourage greater openness and participation in GFA events, as well as launching innovative programs to reach new communities and age groups.

6. Events All Around the World

Your event could be featured in this section in the future.

We publish upcoming events related to Gymnastics for All [here](#).

Please let us know about your events at rvalerio@gmail.com



Stay tuned for more updates, inspiring stories, and opportunities to get involved. Together, we are building a stronger, more inclusive Gymnastics for All community worldwide!


Rogério VALÉRIO
GFA President


Jérôme HUEBSCHER
GFA Member