



# National Gymnastics Day & handstand world record attempt

2011 is the year of the handstand, and USA Gymnastics hopes gymnastics clubs across the country will join forces to break the world record for most handstands done at one time! This is a fun and easy way to build interest in gymnastics in your community, generate excitement with your gymnasts, and be a part of breaking a record! Here's a quick snapshot of this year's plan.

## Schedule

- 12:00 – 1:00pm:** Fitness Challenge Stations
- 1:00 – 1:15pm:** World Record attempt for most simultaneous handstands
- 1:15 – 2:00pm:** Dedicated Gymnast Awards
- 2:00 – 3:00pm:** Open Play

### **Fitness Challenge Stations for the whole family -**

Sit & Reach, Chin Hold, Push Ups, Sit Ups, Pull Ups, etc



### **Dedicated Gymnast Ceremony –**

Students who have not taken a break all year (meaning they participated in recreational classes from August 2010 thru July 2011) will receive a trophy & a \$25 credit toward their next month of classes.



Help us raise money for new mats and foam blocks! Put your handprint and name on our A Plus walls for everyone to see and remember you for only **\$10!**

Everyone who participates during our National Gymnastics Day Celebration receives **FREE** admission to open gym!

