

# Gymnastics for All in Poland

FIG GYMNASTICS FOR ALL COLLOQUIUM – MEXICO 2026



**PZG**  
POLISH GYMNASTICS  
ASSOCIATION

# Agenda

- Introduction.
- PZG Update.
- GfA projects organized by PZG.
- Innovations – mobile App.
- Summary.

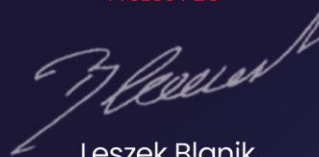
# Introduction

*"Gymnastics for All is the second pillar of the Polish Gymnastics Association in general, and often the main engine, right after hi-performance sports.*

*We have adopted a GfA development strategy, which we consistently implement in order to fill the time given to us as effectively as possible and move closer in development to those who paved the way before us.*

*We learn quickly and eagerly, we are sincerely delighted with the potential of GfA, which additionally motivates us to act - thanks to you, we know that these are not just good ideas, but the reality that is waiting for us around the corner, and we want to move in it fully!*

Prezes PZG



Leszek Blanik

Sekretarz Generalny PZG



Maciej Szafran

# Update

## WHAT WE ACHIEVED LAST YEAR?

- **Building a TEAM in PZG office (GfA Department)**  
Weronika Dyjas, Olimpia Chołuj + teams of collaborators.
- **Business Partnership (CSR)**  
Titular partnership in the field of CSR and organization of 4 stadium GfA. free for charge events for kids in 2025.
- **Undergoing EG Mentoring in the field of GfA**  
Online and live project meetings. Developing a strategy.
- **Major GfA Events – World Gym For Life Challenge 2025**  
Site visit - observation of the World Gym For Life Challenge in Lisbon. at the invitation of the President of FGP /PGF.
- **EG GfA Long Educational Weekend**  
Participation of our team in the event and application plan for organization in 2027.
- **GfA development strategy in Poland/ PZG.**  
Adoption of the GfA development strategy in Poland by the PZG board.
- **Plan to establish a GfA committee/working group**  
Planned establishment of a group/ committee between the PZG board and the office.
- **Working on innovations**  
Mobile Application.
- **International Events in 2026**
  - Pre-planned participation in the GfA tournament in Trnava (SVK).
  - Bigger, polish representation on this Colloquium.
  - Participation in Euro Gym in Pistoia / ITA.



# Video

# GfA projects organized by PZG.

## Projects components



### Sport classes

454 groups

70 clubs

25 172 hours of classes

11/16 voivodships

6 900 participants

### Systematic sport classes

The heart of the program are classes conducted regularly in clubs throughout Poland. A two-stage structure (adapted to children's skills) and coaching staff ensure development, safety and a high level of training.



### Events

30 local events in Poland

4 GDW z TAURON events

7812 participants

### Organization of the Events

A series of nationwide events combines the promotion of activity with the integration of sports communities. The events have a joyful, open character and build emotional involvement of participants.



### Sport classes

250 groups

47 clubs

7 500 hours of classes

10/16 voivodships

3 700 participants



### Types of groups

Corrective gymnastics.

Corrective gymnastics with the elements of cheerleadingu

Corrective gymnastics with the elements of parkour

# GfA projects organized by PZG.

## Projects components



### Promotion & publications

Publication of nearly 20 episodes of the „Gymnastics Zone” podcast  
Mobile application "Gymnastics Zone"  
Production of approx. 13,000 pieces of promotional materials.  
7000 copies of two parts of the comics.

### Comprehensive Promotion

Combination of digital campaigns (social media, podcasts, applications) with educational materials (comics, leaflets). Communication supports healthy attitudes and popularizes gymnastics among children and families.



### Promocja publikacje

Publication of 3 training materials  
Organization of two specialist training courses for coaches  
Production of approx. 1,000 pieces of promotional materials



### Equipment

70 sets of equipment  
8100 sets of clothes for kids and coaches

Investment in professional facilities  
We provide sports equipment and uniforms for children and coaches. Infrastructure and consistent visual identification build the program's identity and professionalize local activities.

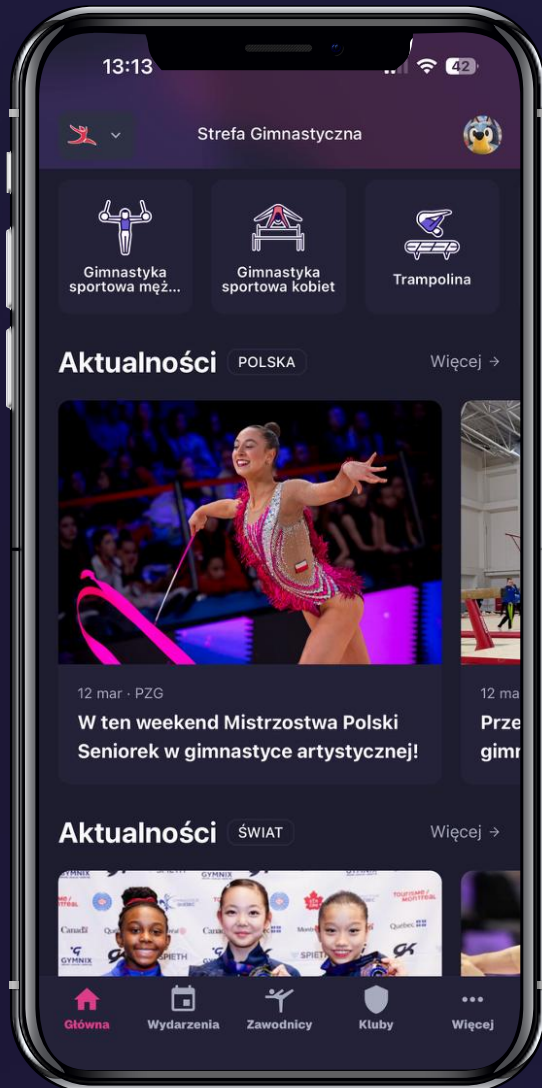


### Equipment

50 sets of equipment and accessories.  
11 cheerleading equipment sets.  
3 sets of parkour equipment.  
600 sets of clothes for coaches

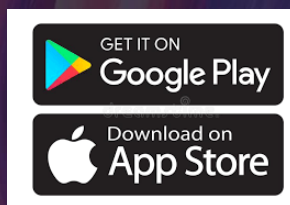
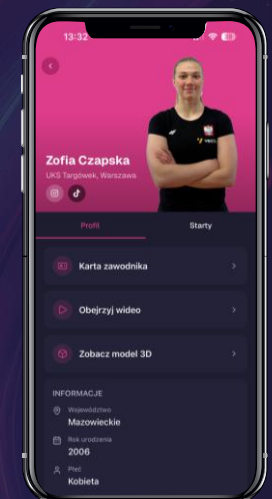
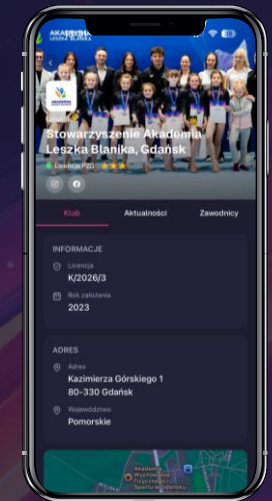
# Innovation – mobile App „Gymnastics Zone”

Digital Hub for Gymnastics in Poland



## APP OVERVIEW:

- ✓ National Gymnastics Clubs Database & Interactive Map. →
- ✓ Advanced Athlete Profiles (Bio, Photos, Videos, 3D Scans).
- ✓ Integrated Results & Rankings.
- ✓ Live News Aggregation (Websites, Newsletters, Social Media).
- ✓ Gymnastics Events Calendar (national & international level).
- ✓ Live Streaming of Selected Events.
- ✓ Sponsor & Advertising Ecosystem.
- ✓ Innovative 5-Star Club Rating System.
- ✓ Gymnastics Podcast & Multimedia Content.
- ✓ Augmented Reality Scanner & Interactive AR Animations. →
- ✓ „Gamification” System (Quizzes & QR Hunt Event Games).
- ✓ Collaborative Management (Federation, Clubs, Athletes).
- ✓ Future In-App Store Integration.



Thank you!



# Together we create the future of gymnastics!



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