

GOOD PRACTICE

Active interventions & a Gymnastics Festival



City
Cáceres

Country
Spain

Mission
Develop more active habits through sports and gymnastics

Target Group
all age groups, schools, gymnasts

Highlight
Focus on young adults as well as on elderly people. Promoting gymnastics for everyone

Timeframe
On-going

Budget
€ 2000 – 230000 per year



Objectives

The three activities organised by the City Hall of Cáceres are ongoing either as an event or as seasonal programmes from October to May (two hours per week). The programmes are carried out with mostly professionals and the event with 100 volunteers.

The objectives of the Cáceres City Hall activities are as follows:

Programmes:

- Bringing the sport to all citizens;
- Improving health of all citizens;
- Encourage social relationships;
- Create healthy physical activity habits;
- To offer access to a wide range of sports creating sportive and healthy habits for the yours;
- Initiation to sports, mostly non-competitive with a joyable focus, economically accessible for everybody.

Event:

- To promote and disseminate collective gymnastic activities;
- Supporting group work and solidarity;
- Display assemblies for the pleasure of showing , without any competitive purpose:
- Facilitating the socio-cultural exchange between countries and regions;
- Promoting Sport for All and acrobatic gymnastics.



Two Programmes:

Programme 1: Municipal Sports Schools

Ongoing for two hours per week during October until May with almost 4000 participant from 3 to 18 in local sport facilities and schools

Aim:

Offering a wide range of sports to the youth to create sportive and healthy habits and which have a joyable focus and are economically accessible for everybody.

Content:

An outstanding project of local sport politics in Cáceres

- 31 Sport Schools offered activities in collaboration with the Cáceres Town Hall and local sports clubs.
- Closing Ceremony at the end of the season
- An exhibition about the new learned skills of all participants



Programme 2: Accessible Sport

Ongoing for 2 hours per week during October until May with almost 1100 participant over 16 years and divided into groups by performing activities in the University or public places.

Aim:

Bringing sport to all citizens and to foster healthy habits through physical activity.

Content:

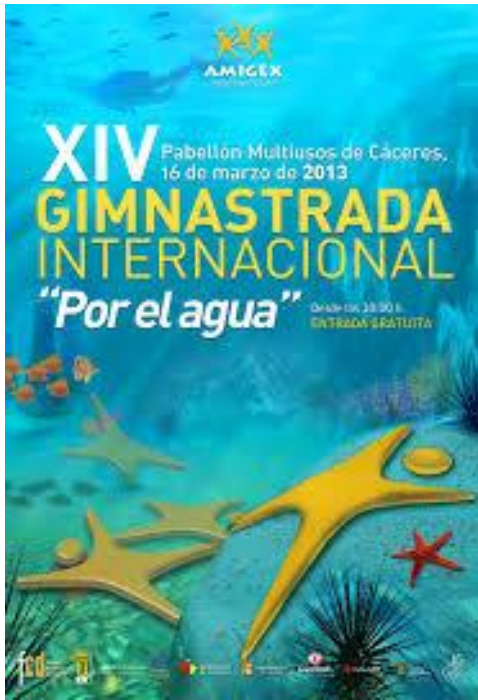
- Programme is aimed at all citizens and especially to elderly people
- Activities: aero step, body tonic and fitness for seniors.
- Requests for activities for all age groups



One Event:

Gimnastrada Internacional, EXTREMADURA

Ongoing since 19 years around the Pascua week (week after Easter Sunday) with 2100 participants of all ages including disabled people.

**Aim:**

Promoting Sport for all and gymnastics.
Everybody can do gymnastics.

Content:

- Gymnastic event for Spanish groups and also groups from other countries
- Group performances last from 4-6 minutes
- Takes place in the multipurpose pavilion of Cáceres

Key outcomes and results

- Successful cooperation between the public and the private sector at local level
- Accessible for every family - 9 € per months
- Special offers for big families and unemployed parents
- Huge demand and great acceptance among the local population
- Integration of children in the sporting life
- Integration of citizens especially elderly people in the sporting life
- Solution to sedentary habits
- Promotion of sport and physical activity
- Showing that everybody can do gymnastics
- Promote sport practise
- Promote gymnastics
- Cultural exchange

More Information:

www.caceres.es

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