


EASTER 2024 - Holiday Courses - Timetable

MEMBERS & NEWCOMERS WELCOME

WEEK 1
WEEK 2

MONDAY 1ST APRIL	TUESDAY 2ND APRIL	WEDNESDAY 3RD APRIL	THURSDAY 4TH APRIL	FRIDAY 5TH APRIL
 <p>No Courses</p>	9:30-11:00 Freestyle Workshop 7-11yrs	9:30-11:00 2x Day Master Class (Members by invite) Bronze level upwards(Day 1)	9:30-11:00 2x Day Master Class (Members by invite) Bronze level upwards(Day 2)	9:30-11:00 Cartwheels Skills Workshop School yr 1+
	11:30-13:00 GymTastics School yr1+	11:15-12:15 1-to-1 slots 3 available	11:30-13:00 GymTastics School yr1+	11:15-12:15 1-to-1 slots 3 available
	13:30-14:30 1-to-1 slots 3 available	12:30-13:30 1-to-1 slots 3 available	13:30-14:30 1-to-1 slots 3 available	12:30-13:30 1-to-1 slots 3 available

MONDAY 8TH APRIL
9:30-11:00 Cartwheels Skills Workshop School yr 1+
11:30-13:00 GymTastics School yr 1+
13:30-14:30 1-to-1 slots 3 available

PLEASE NOTE, IF BOOKING CONSECUTIVE CLASSES, YOUR CHILD MUST BE COLLECTED AND SUPERVISED BY AN ADULT IN THE GAP BETWEEN THE COURSES.



COURSE DESCRIPTIONS

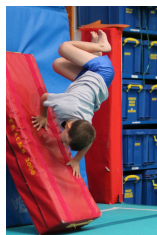
FREESTYLE WORKSHOP

7-11YRS

£21

1HR 30MIN

This is gymnastics with a twist! If you're up for a challenge then try out this workshop. We combine core gymnastics skills with elements of popular parkour.



GYM-TASTICS CLASS

SCHOOL YR1+

£21 per class

1HR 30MIN

A fun-filled energetic class adding a party-style feel to gym session. Ideal for regular participants and newcomers. Working on a mix of gym skills on our apparatus, plus games and obstacle fun.



SKILLS WORKSHOPS

SCHOOL YR 1+

1HR 30MIN

£21 per class

- CARTWHEELS
- HANDSTANDS

A workshop designed by Team GF to focus on one particular key skill to help budding gymnasts improve, perfect and build upon core skills.



1 TO 1 SESSIONS - 1 HOUR

Want to perfect a skill or try something new? We design a session to suit you!

6YRS +

£60 per session

2-DAY MASTER CLASS BY INVITATION 7-14YRS

£40

2 X1HR 30

For members on Bronze, Silver and Gold GF awards, this course focuses on the more advanced skills and areas for improvement.

