



GYMNASTICS FACTORY

# October Half Term Holiday Courses 2025

MEMBERS & NEWCOMERS WELCOME

TIMETABLE

MONDAY 27TH OCTOBER	TUESDAY 28TH OCTOBER	WEDNESDAY 29TH OCTOBER	THURSDAY 30TH OCTOBER	FRIDAY 31ST OCTOBER
9:30-11:00 Cartwheel Skills Workshop 5yrs (Yr1) - 11yrs	9:30-11:00 GymTastics Class 5yrs (Yr 1) -11yrs	9:30-11:00 Handstand Skills Workshop 5yrs (Yr1) - 11yrs	9:30-11:00 Freestyle Workshop 7yrs -11yrs	9:30-10:30 1 to 1 slots
11:15-12:15 1 to 1 slots	11:15-12:15 1 to 1 slots	11:30-13:00 GymTastics Class 5yrs (Yr 1) -11yrs	11:15-12:15 1 to 1 slots	10:45-11:45 1 to 1 slots
12:30-13:30 1 to 1 slots				12:00-13:00 1 to 1 slots

## CLASS DESCRIPTIONS

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

### GYM-TASTICS CLASS

5YRS (MUST BE YR 1+ ) -11YRS



£23 per class

A fun-filled energetic 1hr30min class adding a party-style feel to gym class. We set up circuits around the gym, working on a mix of gym skills on a range of apparatus. Plus games and obstacle courses.

### SKILLS WORKSHOPS

5YRS (MUST BE YR 1+ ) -11YRS



£23 per class

- CARTWHEELS
- HANDSTANDS

1hr30min workshop designed by Team GF to focus on one particular key skill to help budding gymnasts improve, perfect and build upon the gymnastic core skills.

### FREESTYLE COURSE

7YRS - 11YRS



£23 per course

Explore Freestyle gymnastics! This class is gym with a twist, combining elements of gymnastics with parkour and freestyle ideas. 1hr 30 class to learn techniques

### 1 TO 1 SESSIONS:

£65 per session

A chance to have a tailor-made session with one of our coaching team to work on the skills of your choosing! We have a small number of slots available to book quickly to avoid disappointment!

ALL BOOKINGS TO BE MADE ONLINE AT  
[WWW.GYMNASTICSFACTORY.CO.UK](http://WWW.GYMNASTICSFACTORY.CO.UK)