



GYMNASTICS FACTORY

May Half Term Holiday Courses 2022

MEMBERS & NEWCOMERS WELCOME

TIMETABLE

**TUESDAY
31ST MAY**

9:30-11:00
Cartwheels
Skills Workshop
5yrs (yr1+)
-11yrs

11:30-13:00
GymTastics
Class
5yrs (yr1+)
-11yrs

**WEDNESDAY
1ST JUNE**

9:30-11:00
GymTastics
Class
5yrs (yr1+)
-11yrs

11:30-13:00
Handstands
Skills Workshop
5yrs (yr1+)
-11yrs

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

CLASS DESCRIPTIONS

GYM-TASTICS CLASS

5YRS (YR 1 +) -11YRS



£20 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.

HANDSTAND SKILLS WORKSHOP

5YRS
(YR 1+)
-11YRS



£20 per class

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 of headstands and handstands.

CARTWHEEL SKILLS WORKSHOP

5YRS (YR1+)
- 11YRS



£20 per class

1hr30min workshop to focus on one particular key skill to help budding gymnasts improve one of gymnastics' 'super skills' and work on the next progressions.

ALL BOOKINGS TO BE MADE ONLINE AT
WWW.GYMNASTICSFACTORY.CO.UK