

OCTOBER HALF TERM HOLIDAY COURSES

Monday 23rd Oct	Tuesday 24 th Oct	Wednesday 25 th Oct	Thursday 26 th Oct	Friday 27 th Oct
9:30-10:15 Pre-school 2-4yrs Parent & child	9:30-11:00 Award Scheme (Day 1) 5-13yrs	9:30-11:00 Award Scheme (Day 2) 5-13yrs	9:30-11:00 Award Scheme (Day 3) 5-13yrs	9:30-10:15 RECEPTION 4-5yrs Parent free <i>Members only</i>
10:30-11.15 Pre-school 2-4yrs Parent & child	11:30-13:00 Gym-Tastics 5(Yr1) -11yrs	PARTY BOOKED	PARTY BOOKED	10:30-11:15 INDEPENDANT 3-4yrs Parent free <i>Members only</i>
	14:00-15:30 Cheerleading 6-11yrs	14:00-15:30 Gym-Tastics 5(Yr1) -11yrs		11:45-12.30 Pre-school 2-4yrs Parent & child

FREE-STYLE

An exciting 1hr30min class featuring the latest trends in gymnastics and parkour. Taking in the latest trends and adding a twist.

Sorry not running this half term

Members: £17
Non-members: £19

CHEERLEADING

A fun 1hr30min class mixing elements of gymnastics and cheerleading. Teamwork is key in this class and come ready to dance and cheer!



Members: £17
Non-members: £19

GYM-TASTICS

A 1hr30min class offering a chance to try out the main equipment plus fun games, team challenges and assault course action around the gym.



Members: £17
Non-members: £19

AWARD SCHEME COURSE

A three-day course for members only currently in GF Zone classes Levels 7 to 1. Consists of 3 x 1hr30min classes focusing on badge testing to help those keen to progress through our Awards scheme.



Members Only:
£60 per course

PRE-SCHOOL - GYM BUGS

Parent & Child (2-4 yrs):
Structured 45 min class with five circuits to explore.
Parent free: Independant & Reception (*members only*).
Themed 45min class working in groups around equipment circuits.



Members: £10.50
Non-members: £11.50

Spaces are limited so please book early! Call 01483 455060

To qualify for the discounted members price the child must be currently attending classes. Payments are non-refundable and must be made at the time of booking.