



GYMNASTICS FACTORY

October Half Term Holiday Courses 2024

TIMETABLE

MONDAY 28TH OCTOBER	TUESDAY 29TH OCTOBER	WEDNESDAY 30TH OCTOBER	THURSDAY 31ST OCTOBER	FRIDAY 1ST NOVEMBER
9:30-11:00 Cartwheel Workshop (Yr1)5+	9:30-11:00 2-Day Bronze, Silver, Gold (Day 1) by invitation	9:30-11:00 2-Day Bronze, Silver, Gold (Day 2) by invitation	9:30-11:00 GymTastics (Yr1)5+	
11:30-13:00 Freestyle course 7yrs+	11:15-12:15 1-to-1 slots 3available	11:15-12:15 1-to-1 slots 4 available	11:15-12:15 1-to-1 slots 3 available	NO CLASSES
			12:30-13:30 1-to-1 slots 3 available	

MEMBERS & NEWCOMERS WELCOME

CLASS DESCRIPTIONS

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

GYMTASTICS CLASS

YR 1 -11YRS



£21 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

YR 1 -11YRS

• CARTWHEELS



£21 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.

FREESTYLE COURSE

7YRS - 11YRS



£21 per course

A chance to 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:

£60 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