



Gymnastics Club



OCTOBER HOLIDAY CLUB

MOVE. PLAY. CREATE. ACHIEVE.



26TH – 29TH OCTOBER



9:00AM – 4:00PM

EARLY BIRD

£150

BOOK & PAY BEFORE
25TH SEPTEMBER

STANDARD PRICE

£180

WHAT WILL THEY BE DOING?



GYMNASTICS TRAINING
FLOOR, VAULT, TUMBLING & MORE



BALANCE & COORDINATION
DEVELOP CONFIDENCE



STRENGTH & FLEXIBILITY
BUILDING & CONDITIONING



CIRCUITS & CHALLENGES
SKILLS & FITNESS



DANCE & MOVEMENT
CREATIVE & FUN SESSIONS



ROUTINE DEVELOPMENT
LEARN & PERFORM



TEAM GAMES & ACTIVITIES
GROUP GAMES & CHALLENGES



QUIET & CREATIVE TIME
RELAX & RECHARGE



FUN COMPETITIONS
ACHIEVEMENT CHALLENGES



SAFE, QUALIFIED COACHES
BEGINNERS & EXPERIENCED WELCOME



WHAT TO BRING

- ✓ A healthy packed lunch (nut-free)
- ✓ Morning & afternoon snack (nut-free)
- ✓ Clearly labelled refillable water bottle
- ✓ Suitable gymnastics / sports clothing
- ✓ Any required medication (clearly labelled)

PLEASE NOTE



All lunches and snacks
must be completely
NUT-FREE.

This includes nuts, peanut
butter, nut-based spreads,
cereal bars with nuts and
any nut products.

SPACES ARE LIMITED
BOOK TODAY!



07939 439838



www.jacegc.co.uk



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FOLLOW US

