

Gymnastics & Dance Holiday Training Camps



Wimbledon Gymnastics Centre at Merton Abbey Mills

April Easter Holiday: from 2nd to 5th April
Summer Half Term: from 27th May to 1st June
Summer Holiday: from 22nd Jul. to 9th Aug
Autumn Half Term: from 28th Oct. to 2nd Nov.



Our specialised holidays and school's half term training camps are designed to provide a fun environment while improving gymnastics & dance skills and/or discovering gymnastics & dance if your child has never done these before.

Club Member of British Gymnastics. Professional coaches and DBS checks.

No previous gymnastics or dance experience is required

To reserve a place please contact our office:

Email: info@wimbledongymnastics.com

Telephone: 02030629876.

Web: www.wimbledongymnastics.com - www.spontesuagym.com

Address: Wimbledon Gymnastics Centre

Merton Abbey Mills, The Show House, SW19 2RD



Blue Camp
4 to 7yo

Morning Training
from 10am to 1pm



Yellow Camp
6 to 16yo

Full day Training
from 2pm to 5pm



**Evening
Clinics***

Tue. Wed & Thu.
From 5.30 to 7.30pm



What to expect at our Training Camps

Each session of the weekly Gymnastics Training Camp (Morning and Afternoon sessions) will have the following activities and disciplines:

> Artistic Gymnastics:

- * Bars, Balance Beams, Vault & Trampoline.
- * Floor Air mats and foam equipment
- * Harness and Pit landing Area (for aerials and vault skills)

> Rhythmic Gymnastics:

- * Ribbons, Hoops, Ball, Ropes, Clubs.

> Performing Dance:

- * Contemporary, Jazz and Acro-dance skills.
- * Choreographies and improvisation skills.

> **Games:** Children will have fun with games related to gymnastics skills using our apparatus while working their core, strength and flexibility.

> **Outdoor picnic!** Subject to weather conditions. we will have the snack time outdoors -behind our building- in the Merton Abbey Mills greens.

> **Lunch:** From 1.00 to 2.00pm children will enjoy a hot meal lunch at The William Morris Pub. (Morning children can stay for lunch - 1 extra hour- at £10 extra/day).

What your child needs to bring daily!

Water/drink, Snack, The club's T-shirt apart of the leotard or uniform.
` Find more information on our website:

Evenings Clinics

We will offer different Workshops and clinics each half term.
Contact Us for more information.

Days: Tuesday, Wednesday and Thursday.

Time: from 5.30 to 7.30pm (2hrs session)

Ages: Children from 6 to 17y.o.

Clinics:

- > Contemporary Dance - ACRO Dance
- > Aerials, Handspring & Back Flips (flic-flac), Somersaults.
- > Apparatus Throws/difficulty skills for Rhythmic Gymnastics.

**Please contact us for more information and fees. Advance booking is required and can be done for only one day or multiple days.
Places are limited.**

Fees

FIND FURTHER INFORMATION AND FEES ON OUR WEBSITE:

<https://www.wimbledongymnastics.com/holidaycamps>

* All children are welcome -members and non members of Sponte Sua Gym & Wimbledon Gymnastics Centre-.

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