

Gymnastics & Dance Half Terms Training Camp



Wimbledon Gymnastics Centre at Merton Abbey Mills

Spring Half Term: from 12th to 17th February

Summer Half Term: from 27th May to 1st June

Autumn Half Term: from 28th Oct. to 2nd Nov.



Our training camps are designed to provide a fun environment while improving gymnastics and dance skills and/or discovering gymnastics and 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

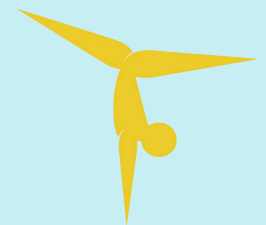
Address: Wimbledon Gymnastics Centre

Merton Abbey Mills, The Show House, SW19 2RD



Blue Camp
4 to 8yo

Morning Training
from 10am to 12pm



Yellow Camp
8 to 16yo

Afternoon 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.

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

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:

<https://www.wimbledongymnastics.com/schedule/9.4--holiday-camps>

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.

Fees: £33 per day for members or
£35 per day for non-members

February Clinics:

> Tuesday 13th Feb:

Contemporary Dance

> Wednesday 14th Feb:

Aerials, Handspring & Back Flips (flic-flac),
Front & Back Walkovers

> Thursday 15th Feb:

Apparatus Throws for Rhythmic Gymnastics.

Please contact us for more information.

Advance booking is required and can be done for only one day or more.

2

2 DAYS TRAINING

Trainings are on
Tuesday and
Thursdays

£90* (Members)
£100 (Non- Members)

3

3 DAYS TRAINING

Trainings are on
Monday, Wednesday
and Fridays

£130* (Members)
£142 (Non-Members)

4

4 DAYS TRAINING

Trainings are from
Monday to Friday

£168* (Members)
£182 (Non- Members)

5

5 DAYS TRAINING

Trainings are from
Monday to Friday

£195* (Members)
£215 (Non- Members)