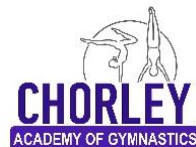


CAG SUMMER PROGRAMME 2026

In addition to classes running over the summer we will be offering the chance to participate in all sorts of exciting gymnastics activities!



Monday	Tuesday	Wednesday	Thursday
3 rd , 10 th , 17 th , 24 th August	4 th , 11 th , 18 th , 25 th August	5 th , 12 th , 19 th , 26 th August	6 th , 13 th , 20 th , 27 th August
Gym Camp - £36 10:30am-3:30pm From age 5 Half Day Camp Option - £22.50 10:30am-12:30pm From age 4 or attending our pre-school classes	Parent and Child Open Gym session. - £7 per child. Aged 8 and under 9:30-10:30am Workshops - £20 2:15-3:45pm	Parent and Child Open Gym session. - £7 per child. Aged 8 and under 9:30-10:30am 1-2-1 Private coaching – Price dependant on coach. Various 45 minutes slots from 12.30pm to 4pm. Please book in the gym.	Gym Camp - £36 10:30am-3:30pm From age 5 Half Day Camp Option - £22.50 10:30am-12:30pm From age 4 or attending our pre-school classes

Gym Camps - Our gym camps are fun day sessions where children can practise gymnastics, learn new skills, play games, and even work on routines if they want to. They're perfect for gymnasts of all abilities—from beginners to squad level gymnasts.

We also offer a **half-day option** for younger gymnasts from aged 3 who are not quite ready for a full day.

Parent and Child Open Gym session - These fun sessions are for children **8 and under**, open to both members and non-members. Children can explore the gym, play, and try out equipment at their own pace with parental support. For every child booked, **ONE** adult can attend for free. Additional adults can be booked for £2. These sessions can be pre-booked or pay on the door.

Workshops - Our workshops focus on a specific skill or piece of equipment and are tailored to a certain group of gymnasts. They're designed to speed up progress with targeted coaching and extra time to practice skills.

Workshop Dates:

Workshop A

Tuesday 4th August – **Forward Tumbling Workshop**. For gymnasts attending full squads. Handsprings and somersaults.

Tuesday 11th August – **Flic Workshop**. For advanced, pre-squad and squad gymnasts working towards or on flics.

Tuesday 18th August – **Upstart Workshop**. Open to squad gymnasts looking to learn and improve their upstarts.

Tuesday 25th August – **Cast to Handstand and Swing Workshop**. Cast to handstands and shiny bar giant prepping. Open to squad gymnasts working towards these skills.

Workshop B

Tuesday 4th August – **Intermediate Level Workshop**. For intermediate and pre-squad gymnasts who would like to speed up progression to advanced gymnastics.

Tuesday 11th August – **Bar Workshop**. For advanced, pre-squad, and squad gymnasts working on the low and high bar.

Tuesday 18th August – **Acro Workshop**. For beginner and intermediate gymnasts who are working on handstands, cartwheels and rolls.

Tuesday 25th August – **Flic Workshop**. For advanced, pre-squad, and squad gymnasts working towards their flics.

All activities within our summer programme should be pre-booked at the gym desk or by payment link which can be found on our Facebook page and website.