GOOD LIFE GYMNASTICS

GOOD LIFE

Holiday Camps and Booster Courses

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A Holiday They'll Talk About All Term.

Not just a camp.

A week of growth, movement, and confidence building.

GOOD LIFE GYMNASTICS

At **Good Life Gymnastics**, our holiday programme are thoughtfully designed to give children a structured, active, and inspiring experience — led by professional coaches in a safe, supportive environment.

Each day combines our signature Holiday Camp experience with the opportunity to extend into specialist Booster Courses for those ready to progress further. Every day includes:

- ✓ **Structured Gymnastics Coaching**
- ✓ **Skill Progression & Technique Development**
- ✓ **Fun Games & Team Challenges**
- ✓ **Creative Arts & Crafts**
- ✓ **A Daily Showcase Performance for Parents**
- ✓ **Optional Advanced Booster Training**

We believe holidays should do more than keep children busy. They should help them grow — physically, socially, and emotionally.

Trusted by families across 8 Surrey venues since 2015.

Many of our families choose to **combine Camp and Booster Course** for a seamless **9:30am–5:00pm** day of structured coaching and development.

We look forward to welcoming your gymnast!

BUILD YOUR CHILD'S EXPERIENCE

Our holiday programme is designed to suit every gymnast — whether they are new to the sport or ready to refine advanced skills.

OPTION 1: HOLIDAY CAMP

A structured, energetic day combining gymnastics, games, and creativity.

- Monday to Friday, 9:30am - 2:30pm
- 5-12 years old
- £45.00 per day

OPTION 2: ADVANCED BOOSTER COURSE

Focused technical training for gymnasts ready to progress further.

- Tuesday to Thursday, 3:00pm - 5:00pm
- 7+ years old
- £22.50 per session

OPTION 3: FULL DAY EXPERIENCE—MOST POPULAR CHOICE!

A seamless day of coaching, progression and development — ideal for working parents and keen gymnasts who want to maximise their progress.

- Tuesday to Thursday, 9:30am - 5:00pm
- 7+ years old
- £67.50 per day

Members receive 10% off ALL BOOKINGS!

GOOD LIFE GYMNASTICS

THINGS TO NOTE!

WHAT TO EXPECT ON THE DAY

Our team will be ready to welcome your child at the entrance to the **Main Hall**. All coaches wear black Good Life Gymnastics uniform for easy identification.

DOORS OPEN PROMPTLY AT 9:30AM and **CLOSE AFTER 10 MINUTES** for safeguarding purposes. (For Booster Courses, doors open at **3:00pm**.)

We operate small, structured groups to ensure every child receives coaching attention and support.

At **2:15pm** each day, parents are invited to enjoy a **short showcase performance** — a chance to see the skills your child has been developing.

THINGS TO BRING

- Large Bottle of Water
- Packed Lunch
- Plenty of Snacks

NO NUTS, **NUT PRODUCTS**, OR **PRODUCTS THAT MAY CONTAIN NUTS** ARE BROUGHT TO THE CAMPS (**see page 9**)

ATTIRE

- T-shirt/Leotards
- Shorts/Leggings
- Easy-to-remove Shoes
- NO Jewellery
- NO Socks
- Tie up LONG Hair

GYM ADDRESS

Hinchley Wood Secondary School, Claygate Lane, KT10 0AQ

VENUE INFORMATION

In our Hinchley Wood venue, the main hall offers a spacious environment with clearly marked entrances and on-site parking.

Clear signage will guide you to the correct entrance, and our branded A-board will be visible on arrival (**see photos below**).

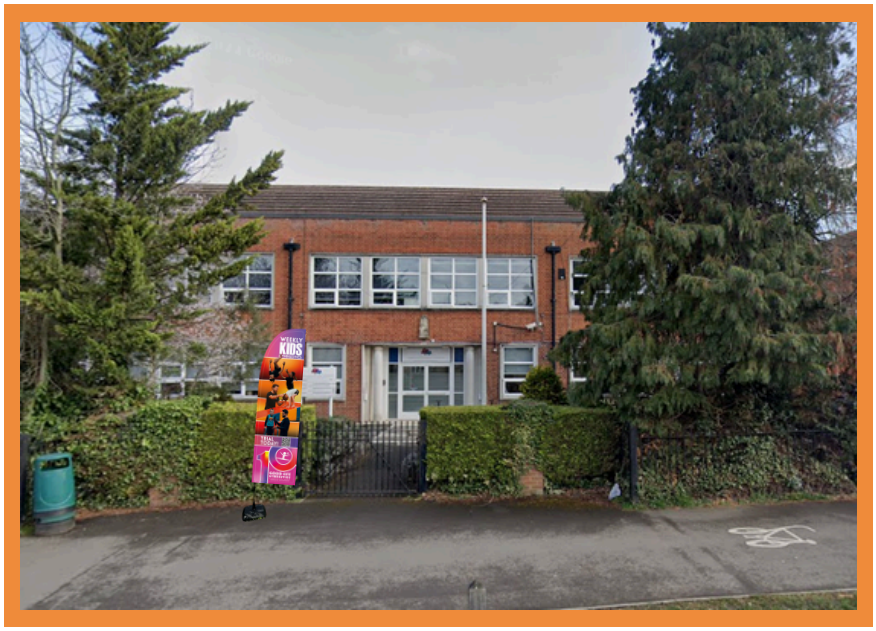
No scooters or buggies are allowed to be left inside the venue.

MAP AND ENTRANCE

click here for directions:

/// Main Hall - https://w3w.co/today.fumes.spoon

/// Canteen Hall - https://w3w.co/risky.wide.system



ADVANCED BOOSTER COURSES (AGES 7+ YRS)

For gymnasts who are ready to take the next step.

Our **Booster Courses** are focused, technical training blocks designed to refine advanced skills in a supportive and confidence-building environment.

With smaller groups and targeted coaching, gymnasts build strength, precision, and control.

Booster sessions can be **booked independently** or **combined with camp** to create a full-day training experience.

If you choose to book a **Full-Day Experience**, please bring an **extra snack** and **drink** and they can stay for the half an hour in between!

SKILLS LIST

- Walkovers
- Handsprings
- Somersaults
- Round Offs
- Aerials

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CAMP SCHEDULE

Our camp schedule balances energy, skill development and creativity to keep children engaged and progressing throughout the day.

9:30 AM	Arrival and Registration
9:40 AM	Introduction Circle Time
9:45 AM	Warm-Up and Stretch
10:00 AM	Gymnastics Line Work
10:30 AM	Break
10:45 AM	Circuits
11:30 AM	Lunch Break
12:00 PM	Warm-Up and Stretch
12:15 PM	Rotations (including an Arts & Crafts Station)
01:00 PM	Break
01:15 PM	Games
01:30 PM	Display Prep
02:15 PM	**DISPLAY - YOU'RE INVITED!**
02:30 PM	End of the Camp Day
03:00 PM	Start of Booster Courses

Children staying for the **Full Day Experience** remain supervised between sessions — no need for collection and return.

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UPDATING YOUR BOOKING?

CANCELLATION

All cancellation requests must be emailed to info@goodlifegymnastics.com.

Please be guided by our refund policy below:

REFUND POLICY	NOTICE PERIOD
FULL REFUND	Up to 14 days before the booking
95% REFUND	Up to 7 days before (5% admin fee retained)
NO REFUND, but possible TRANSFER	Up to 72 hours before (subject to availability within the same holiday period)
NO REFUND OR TRANSFER	Less than 72 hours notice

REARRANGEMENT

Bookings can only be rearranged if we receive notice **at least 72 hours** before the start date. Notice must be given **between Monday to Friday** (before 12:00pm on Fridays).

We cannot rearrange or refund camps:

- After the 72-hour window
- During the final two days of the camp period

CLICK ME!

Email Us

Terms & Conditions

T&C

NO NUTS POLICY

We have a strict **NO NUTS FOOD POLICY** during the camps.
This includes food that **contain** and **may contain nuts**.

A FEW EXAMPLES OF TYPES OF FOOD CONTAINING NUTS

Nutella

Pesto

Belvita Breakfast
Honey & Nut

Chocolate Filled Crepes
(Sainsbury's, Tesco's, Aldi)

A FEW EXAMPLES OF TYPES OF FOOD THAT MAY CONTAIN NUTS

Organix Products
(may contain Tree Nuts, Soya and Milk)

Chocolate Bars

Nature Valley Bar

Graze Oat Boosts

Fruit Slices Bar

Barny Sponge Bears

Butter Madeleines

GOOD LIFE GYMNASTICS

LOVED THE CAMP?
CONTINUE THEIR PROGRESS!

Many of our holiday gymnasts go on to join our weekly term-time programme.

Classes run across **8 different venues in Surrey** for **ages 3-16 years**, with structured progression pathways from beginner to advanced squad.

CAMP FAMILIES EXCLUSIVE

Book a FREE trial class using this code: **YAD759**

Available for a limited time after your camp booking.

You can also read more about our club by clicking below:

Club Docs

Booking Page

LOCATIONS

THAMES DITTON — MON

Thames Ditton Junior School, Mercer Close, **KT7 0BS**

3-6 years	5:00-6:00pm
6-8 years	6:00-7:00pm
8-10 years	6:00-7:00pm
Tween & Teen	6:00-7:00pm

CHESSINGTON — TUE

St. Mary's CofE (Aided) Primary School, Church Lane, **KT9 2DH**

3-6 years	5:00-6:00pm
6-8 years	6:00-7:00pm
8-10 years	7:00-8:00pm
Tween & Teen	7:00-8:00pm

HINCHLEY WOOD — WED/FRI

Hinchley Wood Secondary School, Claygate Lane, **KT10 0AQ**

3-6 years	Wed: 5:00-6:00pm / Fri: 6:00-7:00pm
6-8 years	6:00-7:00pm
8-10 years	7:00-8:00pm
Tween & Teen	7:00-8:00pm

KINGSTON — THU

Kingston Methodist Church Hall, Fairfield South, **KT1 2UJ**

3-6 years	5:00-6:00pm
6-8 years	6:00-7:00pm
8-10 years	7:00-8:00pm
Tween & Teen	7:00-8:00pm

SURBITON — SAT

Surbiton High Sixth Form Centre, 13-15 Surbiton Crescent, **KT1 2JP**

Tween & Teen	9:00-10:00am
8-10 years	9:00-10:00am / 1:00-2:00pm
3-6 years	10:00-11:00am / 12:00-1:00pm
6-8 years	9:00-10:00am / 11:00-12:00pm 1:00-2:00pm

WORCESTER PARK — MON/THU

Malden Manor Primary and Nursery School, Gainsborough Road, **KT3 5NX**

3-6 years	5:00-6:00pm
6-8 years	6:00-7:00pm
8-10 years	7:00-8:00pm
Tween & Teen	7:00-8:00pm

WORCESTER PARK — TUE/WED

6-8 years	5:00-6:00pm
8-10 years	5:00-6:00pm
Advanced Squad	6:00-8:00pm

WORCESTER PARK — FRI

3-6 years	5:00-6:00pm
6-8 years	6:00-7:00pm
8-10 years	7:00-8:00pm
Tween & Teen	7:00-8:00pm
Advanced Squad	6:00-8:00pm

WORCESTER PARK — SAT

3-6 years	9:00-10:00am
4-6 years	10:00-11:00am
6-8 years	11:00-12:00pm
8-10 years	11:00-12:00pm
Tween & Teen	11:00-12:00pm

FELTHAM — SAT

Reach Academy, 53-55 High Street, **TW13 4AB**

3-6 years	9:00-10:00am / 12:00-1:00pm
6-8 years	10:00-11:00am / 1:00-2:00pm
8-10 years	11:00-12:00pm / 1:00-2:00pm
Tween & Teen	11:00-12:00pm

NEW MALDEN — SAT

Coombe Girls School, Clarence Avenue, **KT3 3TU**

3-6 years	9:00-10:00am
6-8 years	10:00-11:00am
8-10 years	11:00-12:00pm
Tween & Teen	11:00-12:00pm

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