



Summer Gym

Team BCSG are delighted to share with you our gymjam-packed summer programme.

There is something for everyone.

Border Counties Gymnastics is welcoming their members and non-members into the gyms this summer with brand-new equipment, a brand-new approach and an extended programme.

We are still offering the successful summer holiday gym that many gymnasts have previously enjoyed, this year it will run alongside some more specific sessions for gymnasts wanting more focus & development.

Mix and match to suit your gymnast.

All sessions are delivered by the BCSG coaching team who are qualified, enhanced DBS checked, first aid trained & insured.



Mondays

*Holiday Gym
Rebound*

Tuesdays

*Holiday Gym
Acro
Beam*

Wednesdays

*Holiday Gym
Tumbling*

Thursdays

*Holiday Gym.
Vault
Choreography*

Fridays

*Holiday Gym
Balance*

Times

9am – 12.30pm

or

1pm – 4.30pm

or

9am – 4.30pm

Week 1

26th – 30th July

Week 2

2nd – 6th August

Week 3

9th – 13th August

Week 4

16th – 20th August

The full programme is available to view and book on our website.

Age 5+ for a full day

Age 4+ for half a day.

For more information;

Email – bordercountiessog@gmail.com Call ; 01691 658048

Website ; www.bordercountiesgymnastics.co.uk