

AUGUST 2026 EXTRA ACTIVITIES

Activity	Date & Time	Description	Show & Tell?	Link
Open Gym	Saturday 1st 10:30pm-12:00pm	Brave members only, not suitable for beginners. Uncoached, unstructured time for athletes to independently work on their skills	✗	CLICK HERE
Walkovers & Handsprings Workshop	Saturday 1st 2:30pm-4:00pm	A workshop for athletes who are looking to learn/ improve their walkovers/handsprings. Minimum requirement of a drop back to bridge & handstand into bridge. Ages 5-16.	✓	CLICK HERE
Stunt & Tumble Camp	Monday 3rd 11:00am-3:00pm	A camp for those wanting to work on/improve their stunting and tumbling. Suitable for any ability. Ages 5-16.	✓	CLICK HERE
Tuesday 4th Activities	Sheet Workshop 11:00am-12:30pm Tumble Workshop 1:00pm-3:00pm Open Gym 1:00pm-3:00pm	Press the 'CLICK HERE' to find out what each session has to offer as well as whether they include show and tell.	➡	CLICK HERE
2 Day Cheer Camp	Wednesday 5th & Thursday 6th 11:00am-3:00pm	A high energy, fun two days of stunting, tumbling, jumps and dance. Suitable for any ability. Ages 5-16. Option to book just one day.	✓	CLICK HERE
Tumble Camp	Friday 7th 11:00am-3:00pm	A high energy, fun day of Tumbling. Suitable for any ability. Ages 5-16.	✓	CLICK HERE
All Day Open Gym	Friday 7th 11:00am-3:00pm	An un-coached session for athletes to independently work on their skills.	✗	CLICK HERE
Open Gym	Saturday 8th 10:30pm-12:00pm	Brave members only, not suitable for beginners. Uncoached, unstructured time for athletes to independently work on their skills	✗	CLICK HERE
Tucks, Layouts & Twists Workshop	Saturday 8th 2:30pm-4:00pm	A workshop for athletes wanting to learn/ improve tucks, layouts and twists. Minimum requirement of a confident round off 3 backhandsprings on the floor. Ages 5-16.	✓	CLICK HERE
Cheer Camp	Monday 10th 11:00am-3:00pm	A high energy, fun day of stunting, tumbling, jumps and dance. Suitable for any ability. Ages 5-16.	✓	CLICK HERE
Tuesday 11th Activities	Sheet/Progression Workshop 11:00am-12:30pm Tumble Workshop 1:00pm-3:00pm Open Gym 1:00pm-3:00pm	Press the 'CLICK HERE' to find out what each session has to offer as well as whether they include show and tell.	➡	CLICK HERE
Stunt & Tumble Camp	Wednesday 12th 11:00am-3:00pm	A camp for those wanting to work on/improve their stunting and tumbling. Suitable for any ability. Ages 5-16.	✓	CLICK HERE

Activity	Date & Time	Description	Show & Tell?	Link
Stretch & Strength Workshop	Wednesday 12th 1:30pm-3:00pm	A workshop for athletes who want to work on their strength and flexibility. Ages 5-16.	✓	CLICK HERE
Tumble Camp	Thursday 13th 11:00am-3:00pm	A high energy, fun day of Tumbling. Suitable for any ability. Ages 5-16.	✓	CLICK HERE
Level 2 Sheet/Progression Workshop	Thursday 13th 1:30pm-3:00pm	A workshop for anyone currently on a level 2 sheet who wants extra progression time. For Brave members only. Ages 5-16.	✗	CLICK HERE
Cheer Camp	Friday 14th 11:00am-3:00pm	A high energy, fun day of stunting, tumbling, jumps and dance. Suitable for any ability. Ages 5-16.	✓	CLICK HERE
All Day Open Gym	Friday 14th 11:00am-3:00pm	An un-coached session for athletes to independently work on their skills.	✗	CLICK HERE
Open Gym	Saturday 15th 10:30pm-12:00pm	Brave members only, not suitable for beginners. Uncoached, unstructured time for athletes to independently work on their skills	✗	CLICK HERE
Flysprings, Punch Fronts & Step Outs Workshop	Saturday 15th 2:30pm-4:00pm	A workshop for athletes looking to learn/improve their flysprings, punch fronts/stepouts. Minimum requirement of a front walkover. Ages 5-16.	✓	CLICK HERE
Stunt & Tumble Camp	Monday 17th 11:00am-3:00pm	A camp for those wanting to work on/improve their stunting and tumbling. Suitable for any ability. Ages 5-16.	✓	CLICK HERE
All Day Open Gym	Monday 17th 11:00am-3:00pm	An un-coached session for athletes to independently work on their skills.	✗	CLICK HERE
Tuesday 18th Activities	Sheet/Progression Workshop 11:00am-12:30pm Tumble Workshop 1:00pm-3:00pm Open Gym 1:00pm-3:00pm	Press the 'CLICK HERE' to find out what each session has to offer as well as whether they include show and tell.	➡	CLICK HERE
Beginners Tumble Camp	Wednesday 19th 11:00am-3:00pm	Tumble workshop is for those who are looking to learn/improve skills as a beginner. Suitable for those without walkovers. Ages 5-16	✓	CLICK HERE
Advanced Tumble Camp	Wednesday 19th 11:00am-3:00pm	Tumble workshop is for those who are looking to learn/improve skills. Suitable for those with front and back walkovers. Ages 5-16	✓	CLICK HERE
Cheer Camp	Thursday 20th 11:00am-3:00pm	A high energy, fun day of stunting, tumbling, jumps and dance. Suitable for any ability. Ages 5-16.	✓	CLICK HERE

Activity	Date & Time	Description	Show & Tell?	Link
Level 3 Sheet /Progression Workshop	Thursday 20th 1:30pm-3:00pm	A workshop for anyone currently on a level 3 sheet who wants extra progression time. For Brave members only. Ages 5-16.	✗	CLICK HERE
Camp Brave	Friday 21st 11:00am-3:00pm	A high energy, fun day of games and activities. Suitable for any ability. Ages 5-16.	✓	CLICK HERE
Open Gym	Saturday 22nd 10:30pm-12:00pm	Brave members only, not suitable for beginners. Uncoached, unstructured time for athletes to independently work on their skills	✗	CLICK HERE
Handstands, Cartwheels & Rolls Workshop	Saturday 22nd 2:30pm-4:00pm	A workshop for athletes looking to learn/improve their handstand, cartwheels and rolls. Suitable for any ability. Ages 5-16.	✓	CLICK HERE
Tumble Camp	Monday 24th 11:00am-3:00pm	A camp for those wanting to work on/improve their tumbling. Suitable for any ability. Ages 5-16.	✓	CLICK HERE
Tuesday 25th Activities	Sheet/Progression Workshop 11:00am-12:30pm Tumble Workshop 1:00pm-3:00pm Open Gym 1:00pm-3:00pm	Press the 'CLICK HERE' to find out what each session has to offer as well as whether they include show and tell.		CLICK HERE
Stunt & Tumble Camp	Wednesday 26th 11:00am-3:00pm	A camp for those wanting to work on/improve their stunting and tumbling. Suitable for any ability. Ages 5-16.	✓	CLICK HERE
Standing Tucks Workshop	Wednesday 26th 1:30pm-3:00pm	For those who are looking to learn/improve their Standing Tucks. Minimum requirement of a standing backhandspring on the floor. Ages 5-16	✓	CLICK HERE
Tumble Camp	Thursday 27th 11:00am-3:00pm	Tumble camp is for those who are looking to learn/improve skills. Suitable for any ability. Ages 5-16	✓	CLICK HERE
Level 4 & 5 Sheet/ Progression Workshop	Thursday 27th 1:30pm-3:00pm	A workshop for anyone currently on a level 4/5 sheet who wants extra progression time. For Brave members only. Ages 5-16.	✗	CLICK HERE
Cheer Camp	Friday 28th 11:00am-3:00pm	A high energy, fun day of stunting, tumbling, jumps and dance. Suitable for any ability. Ages 5-16.	✓	CLICK HERE
All Day Open Gym	Friday 28th 11:00am-3:00pm	An un-coached session for athletes to independently work on their skills.	✗	CLICK HERE
Open Gym	Saturday 29th 10:30pm-12:00pm	Brave members only, not suitable for beginners. Uncoached, unstructured time for athletes to independently work on their skills	✗	CLICK HERE

Activity	Date & Time	Description	Show & Tell?	Link
Handsprings Workshop	Saturday 29th 2:30pm-4:00pm	A workshop for those who are looking to learn/improve handsprings. Minimum requirement of a confident front & back walkover. Ages 5-16.		CLICK HERE
Stunt & Tumble Camp	Monday 31st 11:00am-3:00pm	A camp for those wanting to work on/improve their stunting and tumbling. Suitable for any ability. Ages 5-16.		CLICK HERE
All Day Open Gym	Monday 31st 11:00am-3:00pm	An un-coached session for athletes to independently work on their skills.		CLICK HERE

All activities can be booked via Eventbrite, by clicking the 'Click Here' button next to the event description.

If you have any questions, please email info@braveallstars.co.uk