

Please check your child's group and usual training day to find out which show they should attend.

Recreational 1 hour gymnasts/tumblers

Group/training day	Usual Training Day Monday	Usual Training Day Tuesday	Usual Training Day Wednesday	Usual Training Day Thursday	Usual Training Day Friday	Usual Training Day Saturday	Usual Training Day Sunday
Preschool groups	Saturday Show 4	Saturday Show 2					
Recreational aged 4-6 groups	Friday Show 1	Saturday Show 2	Saturday Show 2	Saturday Show 4	Friday Show 1	Saturday Show 3	Saturday Show 4
Recreational aged 7-9 groups	Saturday Show 4	Saturday Show 3	Saturday Show 3	Friday Show 1	Friday Show 1	Saturday Show 2	Saturday Show 4
Recreational aged 10+ groups	Saturday Show 4	Saturday Show 4	Friday Show 1	Friday Show 1	Friday Show 1	Saturday Show 4	Saturday Show 4
1 hr boys or 1 hr Tumblers	As Recreational Groups - Follow relevant age groups	As Recreational Groups - Follow relevant age groups	As Recreational Groups - Follow relevant age groups	As Recreational Groups - Follow relevant age groups	As Recreational Groups - Follow relevant age groups	As Recreational Groups - Follow relevant age groups	As Recreational Groups - Follow relevant age groups

Advanced Recreational 2 hour gymnasts/tumblers

Group/training day	Usual Training Day Monday	Usual Training Day Tuesday	Usual Training Day Wednesday	Usual Training Day Thursday	Usual Training Day Friday	Usual Training Day Saturday	Usual Training Day Sunday
2019 born groups						Saturday Show 4 & Squad show	
2017/18 born groups		Friday Show 1		Friday Show 1	Friday Show 1	Saturday Show 3	Saturday Show 3
2015/16 born groups		Friday Show 1	Friday Show 1	Friday Show 1	Friday Show 1	Saturday Show 2	Saturday Show 2
2013/14 born groups	Saturday Show 2	Saturday Show 2	Saturday Show 2	Saturday Show 2	Saturday Show 2	Saturday Show 2	Saturday Show 2
2011 or before born groups	Saturday Show 3	Saturday Show 3		Saturday Show 3		Saturday Show 3	
2 hr Tumblers	Friday Show 1				Friday Show 1		Friday Show 1

Squad Groups

Group/training day	Shows to attend
Mini Squad	Saturday Show 4 Saturday Squad Show 5
4hr Tumbling Squad	Friday Show 1
Gymfusion	Friday Show 1 Saturday Show 2 Saturday Show 3 Saturday Show 4
4hr 2017/2018	Saturday Show 3 Saturday Squad Show 5
4hr 2015/16's	Saturday Show 2 Saturday Squad Show 5
4hr 2013/14's	Saturday Show 2 Saturday Squad Show 5
4hr Seniors	Saturday Show 4 Saturday Squad Show 5

Group/training day	Shows to attend
6hr Development	Friday Show 1 Saturday Show 3 Saturday Squad Show 5
6hr Juniors	Friday Show 1 Saturday Show 3 Saturday Squad Show 5
6hr Senior	Saturday Show 4 Saturday Squad Show 5
8hr Development	Friday Show 1 Saturday Show 4 Saturday Squad Show 5
8hr Juniors	Friday Show 1 Saturday Show 4 Saturday Squad Show 5
Petites	Saturday Show 2 Saturday Show 3 Saturday Squad Show 5
Presquad	Friday Show 1 Saturday Show 2 Saturday Squad Show 5

Group/training day	Shows to attend
Preparation Squad	Saturday Show 2 Saturday Show 3 Saturday Squad Show 5
Performance B	Saturday Show 2 Saturday Show 3 Saturday Squad Show 5
Development A	Saturday Show 3 Saturday Show 4 Saturday Squad Show 5
Development B	Saturday Show 2 Saturday Show 3 Saturday Squad Show 5
Development C	Saturday Show 3 Saturday Show 4 Saturday Squad Show 5
Challenge B	All Shows
Challenge A	All Shows
Performance A	All Shows

Friday 13th December 2024 - Show 1 - Show Start Time 5.45pm - Check your arrival time

Arrival Time	Gymnast Entrance & Arrival Times	Spectator Entrance	Performance Time	Group/Squad	Usual Training Day	Music	Costume	Costume link for ideas
5.15pm	Rear Entrance	Rear Entrance	5.45pm	Recreational Ages 4-6	Mondays or Fridays	the vamps jingle bell rock	Christmas PJ's	
5.15pm	Main Entrance	Rear Entrance	5.50pm	2hr Advanced born 2015/2016	Tuesdays/Wednesdays/Thursdays or Fridays	Jessie J Price Tag	blue top, jeggings and a yellow bandana/ neck Scarf - see link	https://www.amazon.co.uk/dp/B08R96M376?ref=cm_sw_r_cso_cp_apin_dp_4VDHYE7W3T5DK4CJ7FN
4.45-5.00pm	Main Entrance	Main Entrance	5.55pm	Gymfusion				
5.15pm	Rear Entrance	Rear Entrance	5.45pm	2hr Advanced born 2017/18	Tuesdays/Thursdays or Fridays	Dance the night away Dua Lipa	black shorts & barbie pink top	
4.45-5.00pm	Main Entrance	N/A	6.10pm	Presquad		Help! Beatles	black leggings, black turtle next top & sequined waistcoat - any colours	https://www.ebay.co.uk/itm/166467252741?skw=costume+dance+waistcoat&itmeta=01JDYNN65E
4.45-5.00pm	Main Entrance	N/A	6.15pm	8hr Junior		Sky full of Stars Cold play	long sleeved plain white t shirt & grey joggers	https://www2.hm.com/en_gb/productpage.1248698003.html?utm_source=google&utm_medium=cpc&
4.45-5.00pm	Main Entrance	N/A	6.20pm	Bars Display				
INTERVAL								
5.15pm	Main Entrance	Main Entrance	6.30pm	Recreational Ages 7-9	Thursdays or Fridays	Im still standing Elton John	black trousers, sparkly top/ shirt/ sunglasses/ elton john fancy dress	
4.45-5.00pm	Main Entrance	N/A	6.35pm	Challenge B		The clash / 3 lions mash	Plain black leotard, black shorts and england shirt	
4.45-5.00pm	Main Entrance	N/A	6.40pm	8hr Development		Little mix mash up	Different colours	https://www.ebay.co.uk/itm/364769746533
5.15pm	Main Entrance	Main Entrance	6.45pm	2hr + Tumbling Squads		Everybody in love JLS	any plain black colour t shirt and shorts	
5.15pm	Main Entrance	Main Entrance	6.50pm	1hr Recreational 10+	Wednesdays/Thursdays or Fridays	Candy Robbie Williams	black short, white vest / t shirt and red and white stripe waist coat -e.g link suggestion	https://www.amazon.co.uk/ViYif-Christmas-Striped-Waistcoat-Holiday/dp/B0DMNM78B
4.45-5.00pm	Main Entrance	N/A	6.55pm	6hr Juniors & Dev		Valerie Amy Whinehouse	black leggings and t shirt & black and red checkered flannel shirt	https://www2.hm.com/en_gb/productpage.0870927032.html?utm_source=google&utm_medium=cpc&
4.30pm	Main Entrance	N/A	7.00pm	Performance A & Challenge A				
Finale then end								

Saturday 14th December 2024 - Show 2 - Show Start Time 9.45am - Check your arrival time

Arrival Time	Gymnast Entrance & Arrival Times	Spectator Entrance	Performance Time	Group/Squad	Usual Training Day	Music	Costume	Costume link for ideas
9.30am	Rear Entrance	Rear Entrance	9.45am	Preschool	Saturdays	Reach for the stars S Club 7	black leggings or joggers / t shirt + star linked / similar	https://www.amazon.co.uk/dp/B08R95M376?ref=cm_sw_r_cp_apin_dp_4YDHYE7W3T5DK4CJ7FN
9.30am	Rear Entrance	Rear Entrance	9.50am	Recreational Ages 4-6	Tuesdays or Wednesdays	the vamps jingle bell rock	Christmas PJ's	
9.30am	Rear Entrance	Rear Entrance	9.55am	2hr Advanced born 2015/2016	Saturdays or Sundays	Jessie J Price Tag	blue top, jeggings and a yellow bandana/ neck Scarf - see link	https://www.ebay.co.uk/itm/403615063832?mkcid=16&mkevt=1&mkrid=711127632-2357
9.00am	Main Entrance	Main Entrance	10.00am	Gymfusion				
9.15am	Main Entrance	Main Entrance	10.05am	2hr Advanced born 2013/2014	Any day	What makes you beautiful one direction	Any colour sparkly dress/top & shorts	https://www.ebay.co.uk/itm/166467752741?skw=costume+dance+waistcoat&itmmeta=01JYNM65E
9.15am	Main Entrance	N/A	10.10am	Presquad		Help! Beatles	black leggings, black turtle next top & sequined waistcoat - any colours	
9.00am	Main Entrance	N/A	10.15am	Bars Display				
INTERVAL								
9.15am	Main Entrance	Main Entrance	10.25am	Recreational Ages 7-9	Saturdays	Im still standing Elton John	black trousers, sparkly top/ shirt/ sunglasses/ elton john fancy dress	
9.00am	Main Entrance	N/A	10.30am	Challenge B		The clash / 3 lions mash	Plain black leotard, black shorts and england shirt	
9.00am	Main Entrance	N/A	10.35am	4hr 2013/2014 & 4hr 2015/16		Rag N Bone man Human	all in black- black leggings/joggers and black top/leotard	
9.15am	Main Entrance	N/A	10.40am	Petites		Dancing in the moonlight toploader	white fitted shorts/cycling shorts (not baggy) & one of the tops linked all different colours	https://www.amazon.co.uk/nlzd-jumpsuit-Metallic-Bell-bottom-Gymnastics/dp/B0CLRM4
9.00am	Main Entrance	N/A	10.45am	Dev B, Performance B & Preparation		Bee Gees mix	All to have hot pink as per link	
9.00am	Main Entrance	N/A	10.50am	Performance A & Challenge A				
Finale then end								

Saturday 14th December 2024 - Show 3 - Show Start Time 11.30am - Check your arrival time

Arrival Time	Gymnast Entrance & Arrival Times	Spectator Entrance	Performance Time	Group/Squad	Usual Training Day	Music	Costume	Costume link for ideas
11.15am	Main Entrance	Main Entrance	11.30am	Recreational Ages 4-6	Saturdays	the vamps jingle bell rock	Christmas PJ's	
11.15am	Main Entrance	Main Entrance	11.35am	2hr Advanced born 2017/18	Saturdays or Sundays	Dance the night away Dua Lipa	black shorts & barbie pink top	
11.05am	Middle door	N/A	11.40am	6hr Juniors & Dev		Valerie Amy Whitehouse	black leggings and t shirt & black and red checkered flannel shirt	https://www2.hm.com/en_gb/productpage.0870927032.html?utm_source=google&utm_medium=cpc&
9.00am	Main Entrance	Main Entrance	11.45am	Gymfusion				
9.15am	Main Entrance	N/A	11.50am	Dev B, Performance B & Preparation		Bee Gees mix	All to have hot pink as per link	https://www.amazon.co.uk/nlzd-jumpsuit-metallic-bell-bottom-gymnastics/dp/B0CLRM4
9.15am	Main Entrance	Main Entrance	11.55am	2hr Advanced born 2011 or before		Murder on the dance floor Sophie EB	black leggings & bright red t shirt/top. High ponytail	
9.00am	Main Entrance	N/A	12.00pm	Bars Display				
INTERVAL								
9.15am	Main Entrance	Main Entrance	12.10pm	Recreational Ages 7-9	Tuesdays or Wednesdays	Im still standing Elton John	black trousers, sparkly top/ shirt/ sunglasses/ elton john fancy dress	
9.00am	Main Entrance	N/A	12.15pm	Challenge B		The clash / 3 lions mash	Plain black leotard, black shorts and england shirt	
11.15am	Main Entrance	N/A	12.20pm	4hr 2017/2018		There she goes The la's	Pale blue lyrical dress	https://www.ebay.co.uk/itm/205092130673?skw=light+blue+lyrical+dance+dress&var=505807004283&
9.15am	Main Entrance	N/A	12.25pm	Petites		Dancing in the moonlight toploader	white fitted shorts/cycling shorts (not baggy) & one of the tops linked all different colours	https://www.ebay.co.uk/itm/315430869141?skw=metallic+top+dance+child+5-
11.00am	Main Entrance	N/A	12.30pm	Development A & Development C		Girls Aloud the Promise	Any sparkly skirt with either black leotard or black vest top and shorts underneath	
9.00am	Main Entrance	N/A	12.35pm	Performance A & Challenge A				
Finale then end								

Saturday 14th December 2024 - Show 4 - Show Start Time 1.30pm - Check your arrival time

Arrival Time	Gymnast Entrance & Arrival Times	Spectator Entrance	Performance Time	Group/Squad	Usual Training Day	Music	Costume	Costume link for ideas
1.15pm	Rear Entrance	Rear Entrance	1.30pm	Recreational Ages 4-6	Thursdays or Sundays	the vamps jingle bell rock	Christmas PJ's	
1.00pm	Main Entrance	N/A	1.35pm	8hr Development		Little mix mash up	Different colours	https://www.ebay.co.uk/itm/364769746533
1.15pm	Rear Entrance	Rear Entrance	1.40pm	Preschool	Mondays/Tuesdays/Wednesdays/Thursdays or Fridays	Reach for thr stars S Club 7	black leggings or joggers / t shirt + star linked / similar	ebay.co.uk/itm/3560820573392?skw=star+costume&itmmeta=01DYYVIGNGC2D0QVSAKZ14TFTM&hash
9.00am	Main Entrance	Main Entrance	1.45pm	Gymfusion				
9.15am	Main Entrance	N/A	1.50pm	Challenge B		The clash / 3 lions mash	Plain black leotard, black shorts and england shirt	
1.15pm	Rear Entrance	Rear Entrance	1.55pm	2hr Advanced born 2019 & Mini Squad		I could get used to this Becky Hill	Purple tutu/skirt with white leotard/tshirt	https://www.ebay.co.uk/itm/322177499998?skw=purple+tutu+childs&var=513811532136&itmmeta=0
9.00am	Main Entrance	N/A	2.00pm	Bars Display				
INTERVAL								
1.15pm	Main Entrance	Main Entrance	2.10pm	Recreational Ages 7-9	Sundays or Mondays	Im still standing Elton John	black trousers, sparkly top/ shirt/ sunglasses/ elton john fancy dress	
1.00pm	Main Entrance	N/A	2.15pm	8hr Junior		Sky full of Stars Cold play	long sleeved plain white t shirt & grey joggers	https://www2.hm.com/en_gb/productpage.1248698003.html?utm_source=google&utm_medium=cpc&https://www.amazon.co.uk/YizYif-Christmas-Striped-Waistcoat-Holiday/dp/B0DMNM78B
1.15pm	Main Entrance	Main Entrance	2.20pm	1hr Recreational 10+	Saturdays/Mondays or Tuesdays	Candy Robbie Williams	black short, white vest / t shirt and red and white stripe waist coat -e.g link suggestion	
11.05am	Middle door	N/A	1.40pm	6hr Seniors & 4hr Seniors		Queen Mash up	Black shorts, Black vest top or crop top & linked top. Gymnasts know their colour	https://amzn.eu/d/2uFlawp
11.00am	Main Entrance	N/A	2.30pm	Development A & Development C		Girls Aloud the Promise	Any sparkly skirt with either black leotard or black vest top and shorts underneath	
9.00am	Main Entrance	N/A	2.35pm	Performance A & Challenge A				
Finale then end								

Saturday 14th December 2024 - Squad Show Show - Start Time 3.15pm - Check your arrival time

Arrival Time	Gymnast Entrance & Arrival Times	Spectator Entrance	Performance Time	Group/Squad	Usual Training Day	Music	Costume	Costume link for ideas
1.15pm	Rear Entrance	Main Entrance 3.00pm	3.15pm	2hr Advanced born 2019 & Mini Squad		I could get used to this Becky Hill	Purple tutu/skirt with white leotard/tshirt	https://www.ebay.co.uk/itm/32217749998?_skw=purple+tutu+childs&var=513811532136&itmmeta=0
1.00pm	Main Entrance	Main Entrance 3.00pm	8hr Development	Little mix mash up		Different colours	https://www.ebay.co.uk/itm/364769746533	
11.05am	Middle door	Main Entrance 3.00pm	3.25pm	6hr Seniors & 4hr Seniors		Queen Mash up	Black shorts, Black vest top or crop top & linked top. Gymnasts know their colour	https://amazon.eu/dp/2uFlawP
2.45pm	Rear Entrance	Main Entrance 3.00pm	3.30pm	Presquad		Help! Beatles	black leggings, black turtle next top & sequined waistcoat - any colours	https://www.ebay.co.uk/itm/166467752741?_skw=costume+dance+waistcoat&itmmeta=01JYNM65E
9.15am	Main Entrance	Main Entrance 3.00pm	3.35pm	Development A & Development C		Girls Aloud the Promise	Any sparkly skirt with either black leotard or black vest top and shorts underneath	
1.15pm	Rear Entrance	Main Entrance 3.00pm	3.40pm	4hr 2013/2014 & 4hr 2015/16		Rag N Bone man Human	all in black- black leggings/joggers and black top/leotard	
9.00am	Main Entrance	Main Entrance 3.00pm	3.45pm	Bars Display				
INTERVAL								
2.45pm	Rear Entrance	Main Entrance 3.00pm	3.55pm	Dev B, Performance B & Preparation		Bee Gees mix	All to have hot pink as per link	https://www.amazon.co.uk/nlzdz-jumpsuit-Metallic-Bell-bottom-Gymnastics/dp/B0CLRM4
2.45pm	Rear Entrance	Main Entrance 3.00pm	4.00pm	4hr 2017/2018		There she goes The la's	Pale blue lyrical dress	https://www.ebay.co.uk/itm/205092130673?_skw=light+blue+lyrical+dance+dress&var=505807004283&itmmeta=01JYNM65E
9.00am	Main Entrance	Main Entrance 3.00pm	4.05pm	8hr Junior		Sky full of Stars Cold play	long sleeved plain white t shirt & grey joggers	https://www.2.hm.com/en_gb/productpage.1248698003.html?utm_source=google&utm_medium=cpc&utm_campaign=HM
1.15pm	Main Entrance	Main Entrance 3.00pm	4.10pm	6hr Juniors & Dev		Valerie Amy Whitehouse	black leggings and t shirt & black and red checkered flannel shirt	https://www.2.hm.com/en_gb/productpage.0870927032.html?utm_source=google&utm_medium=cpc&utm_campaign=HM
9.15am	Main Entrance	Main Entrance 3.00pm	4.15pm	Petites		Dancing in the moonlight toploader	white fitted shorts/cycling shorts (not baggy) & one of the tops linked all different colours	https://www.ebay.co.uk/itm/315430869141?_skw=metallic+top+dance+child+5-
11.00am	Main Entrance	Main Entrance 3.00pm	4.20pm	Challenge B		The clash / 3 lions mash	Plain black leotard, black shorts and england shirt	
9.00am	Main Entrance	Main Entrance 3.00pm	4.25pm	Performance A & Challenge A				
Finale then end								