



RECREATIONAL GYMNASTICS PROGRAM INFORMATION 2018-2019

Globally known as a fundamental movement sport, gymnastics provides the building blocks for all other sports, dance and martial arts. The benefits in child development are widely documented. Our programmes enable confident movers with strong bones and muscles, improved posture and balance, coordination and flexibility. Take all of this, add loads of fun and you have children that learn through exploration and play who are encouraged to be creative with their minds and bodies.



RECREATIONAL GYMNASTICS TRAINING CALENDAR 2018-2019

September & October									
Training Dates	27 Aug - 2 Sep	3 - 9 Sep	10 - 16 Sep	17 - 23 Sep	24 - 30 Sep	1 - 7 Oct	8 - 14 Oct	15 - 21 Oct	22 - 28 Oct
Monday	-	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Tuesday	-	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Wednesday	-	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Thursday	-	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Friday	-	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Saturday	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	A
Sunday	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	A
November & December									
Training Dates	29 Oct - 4 Nov	5 - 11 Nov	12 - 18 Nov	19 - 25 Nov	26 Nov - 2 Dec	3 - 9 Dec	10 - 16 Dec	17 - 23 Dec	-
Monday	BH	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	-
Tuesday	A	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	-
Wednesday	A	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	-
Thursday	A	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	-
Friday	A	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	-
Saturday	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	B	-
Sunday	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	B	-
January - February									
Training Dates	31 Dec - 6 Jan	7 - 13 Jan	14 - 20 Jan	21 - 27 Jan	28 Jan - 3 Feb	4 - 10 Feb	11 - 17 Feb	18 - 24 Feb	25 Feb - 3 Mar
Monday	B	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23
Tuesday	BH	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23
Wednesday	B	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23
Thursday	B	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23
Friday	B	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23
Saturday	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Sunday	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
March & April									
Training Dates	4 - 10 Mar	11 - 17 Mar	18 - 24 Mar	25 - 31 Mar	1 - 7 Apr	8 - 14 Apr	15 - 21 Apr	22 - 28 Apr	-
Monday	Week 24	Week 25	BH	Week 26	Week 27	Week 28	Week 29	BH	-
Tuesday	Week 24	Week 25	Week 26	Week 27	Week 28	Week 29	C	C	-
Wednesday	Week 24	Week 25	Week 26	Week 27	Week 28	Week 29	C	C	-
Thursday	Week 24	Week 25	Week 26	Week 27	Week 28	Week 29	C	C	-
Friday	Week 24	Week 25	Week 26	Week 27	Week 28	Week 29	C	C	-
Saturday	Week 25	Show 1	Week 26	Week 27	Week 28	Week 29	C	Week 30	-
Sunday	Week 25	St. Pat.	Week 26	Week 27	Week 28	Week 29	C	Week 30	-
May & June									
Training Dates	29 Apr - 5 May	6 - 12 May	13 - 19 May	20 - 26 May	27 May - 2 Jun	3 - 9 Jun	10 - 16 Jun	17 - 23 Jun	24 - 30 Jun
Monday	Week 30	BH	Week 31	Week 32	Week 33	BH	Week 34	Week 35	Week 36
Tuesday	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38
Wednesday	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38
Thursday	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38
Friday	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38
Saturday	Week 31	Week 32	Week 33	Week 34	Show 2	Week 35	Week 36	Week 37	Week 38
Sunday	Week 31	Week 32	Week 33	Week 34	Show 2	Week 35	Week 36	Week 37	Week 38

BH	Bank/National Holiday - No Training
A	Autumn Midterm Break - No Training
B	Christmas School Holidays - No Training
Show 1	RGC GymSTARTS Participation Event - No Training

St. Pat.	St. Patrick's Day - No Training
C	Easter Holidays - No Training
Show 2	Club Competition - No Training



KINDER STREAM TIMETABLE

Class Name		Level	Ages	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
LOCATION - RGC GYM, UNIT 8 RACECOURSE BUSINESS PARK, PARKMORE, GALWAY											
RENMORE GYMNASTICS CLUB, BALLYBRIT	KINDER	Beginner	3-5yrs	2:30 - 3:15	2:30 - 3:15	2:30 - 3:15	2:30 - 3:15	2:30 - 3:15	9:30 - 10:15 10:15 - 11:00	2:15-3:00 3:15-4:00	
		Learner	3-5yrs	2:30 - 3:15	2:30 - 3:15	2:30 - 3:15	2:30 - 3:15	2:30 - 3:15	9:30 - 10:15	No Class	
	4-6yrs		3:15 - 4:00	3:15 - 4:00	3:15 - 4:00	3:15 - 4:00	3:15 - 4:00	3:15 - 4:00	10:15 - 11:00 12:15 - 1:00	2:15-3:00 3:15-4:00	
	Master	4-6yrs	3:15 - 4:00	3:15 - 4:00	3:15 - 4:00	3:15 - 4:00	3:15 - 4:00	3:15 - 4:00	9:30 - 10:15 12:15 - 1:00	No Class	
	LOCATION - KINVARA COMMUNITY CENTER, GLEBE ROAD, KINVARA, Co. GALWAY										
	KINVARA	KINDER	Beginner	3-5yrs	No Class	No Class	4:15 - 5:00	No Class	No Class	No Class	No Class
Learner			4-6yrs	No Class	No Class	4:15 - 5:00	No Class	No Class	No Class	No Class	
LOCATION - SPORTSDOME, SALERNO SECONDARY SCHOOL, THREADNEEDLE ROAD, SALTHILL											
SPORTSDOME	KINDER	Beginner	3-5yrs	No Class	No Class	No Class	5:45 - 06:30	No Class	No Class	No Class	
		Learner	4-6yrs	No Class	No Class	No Class	5:45 - 06:30	No Class	No Class	No Class	

ENTRY STREAM TIMETABLE

Class Name		Level	Ages	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
LOCATION - RGC GYM, UNIT 8 RACECOURSE BUSINESS PARK, PARKMORE, GALWAY											
RENMORE GYMNASTICS CLUB, BALLYBRIT	ENTRY	Beginner BOYS	6-9yrs	No Class	3:00-4:00	No Class	No Class	No Class	No Class	No Class	
			6-9yrs	2:30-3:30	No Class	No Class	3:30-4:30	2:30-3:30	11:00-12:00	2:00-3:00 3:00-4:00	
				9-12yrs	6:00-7:00	No Class	No Class	No Class	No Class	1:00-2:00	4:00-5:00
		Learner BOYS	6-9yrs	No Class	3:00-4:00	No Class	No Class	No Class	No Class	No Class	
			6-9yrs	3:30-4:30	No Class	No Class	4:30-5:30	4:30-5:30	12:00-1:00	2:00-3:00 3:00-4:00 4:00-5:00	
				9-12yrs	6:00-7:00	No Class	No Class	No Class	7:00-8:00	1:00-2:00	5:00-6:00
	Master	7-10yrs	NoClass	NoClass	NoClass	NoClass	5:30-6:30	1:00-2:00	4:00-5:00		
		9-12yrs	NoClass	NoClass	NoClass	NoClass	7:00-8:00	NoClass	5:00-6:00		
	LOCATION - KINVARA COMMUNITY CENTER, GLEBE ROAD, KINVARA, Co. GALWAY										
	KINVARA	ENTRY	Beginner	6-9yrs	No Class	No Class	5:00-6:00	No Class	No Class	No Class	No Class
9-12yrs				No Class	No Class	6:00-7:00	No Class	No Class	No Class	No Class	
Learner			7-9yrs	No Class	No Class	5:00-6:00	No Class	No Class	No Class	No Class	
			9-12yrs	No Class	No Class	6:00-7:00	No Class	No Class	No Class	No Class	
LOCATION - SPORTSDOME, SALERNO SECONDARY SCHOOL, THREADNEEDLE ROAD, SALTHILL											
SPORTSDOME, SALTHILL	ENTRY	Beginner Mixed	6-9yrs	No Class	No Class	No Class	5:30 - 6:30	No Class	No Class	No Class	
			9-12yrs	No Class	No Class	No Class	7:30 - 8:30	No Class	No Class	No Class	
		Learner GIRLS	6-9yrs	No Class	No Class	No Class	5:30 - 6:30 6:30 - 7:30	No Class	No Class	No Class	
			9-12yrs	No Class	No Class	No Class	7:30 - 8:30	No Class	No Class	No Class	
		Learner BOYS	7-10yrs	No Class	No Class	No Class	6:30 - 7:30	No Class	No Class	No Class	
		Master	9-12yrs	No Class	No Class	No Class	7:30 - 8:30	No Class	No Class	No Class	

RECREATIONAL STREAM TIMETABLE

Class Name	Level	Ages	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LOCATION - RGC GYM, UNIT 8 RACECOURSE BUSINESS PARK, PARKMORE, GALWAY									
REC	Level 1 MIXED	Open Age	NoClass	3:00-4:00	3.30-4.30pm	3:00-4:00	3:30-4:30	10:15-11:15	NoClass
REC	Level 2 MIXED	5-7 years	NoClass	NoClass	NoClass	NoClass	NoClass	10:15-11:15	NoClass
		6-9 years	3:00-4:00	3:00-4:00	3:00-4:00	3:00-4:00	3:00-4:00	NoClass	NoClass
			4:00-5:00	4:00-5:00	4:00-5:00	4:00-5:00	4:00-5:00	NoClass	NoClass
	8-12 years	NoClass	NoClass	NoClass	NoClass	NoClass	NoClass	2:00-3:00	5:00-6:00
REC	Level 2 BOYS	6+ years	3:00-4:00	NoClass	NoClass	NoClass	3:30-4:30	1:00-2:00	NoClass
REC	Level 3 MIXED	6-9 years	3:00-4:00	3:00-4:00	3:00-4:00	3:00-4:00	NoClass	11:15-12:15	NoClass
		7-10 years	NoClass	4:00-5:00	NoClass	4:00-5:00	3:00-4:00	NoClass	NoClass
		8-12 years	NoClass	NoClass	NoClass	NoClass	NoClass	2:00-3:00	5:00-6:00
	REC	Level 3 BOYS	7+ years	NoClass	NoClass	3:30-4:30	NoClass	NoClass	NoClass
REC	Level 4 MIXED	10 years & Under	4:00-5:30	4:00-5:30	5:00-6:30	NoClass	4:00-5:30	2:00-3:30	NoClass
		OPEN AGE	NoClass	NoClass	5:00-6:30	5:30-7:00	NoClass	NoClass	NoClass
		10 years & Over	7:00-8:30	7:00-8:30	6:30-8:00	NoClass	7:00-8:30	3:00-4:30	NoClass
	REC	Level 4 BOYS	OPEN AGE	NoClass	NoClass	4:30-6:00	NoClass	NoClass	NoClass
REC	Level 5 BOYS	OPEN AGE	NoClass	NoClass	4:30-6:00	NoClass	NoClass	NoClass	NoClass
	Level 5 MIXED	Open Age	7:00-8:30	7:00-8:30	6:30-8:00	7:00-8:30	4:00-5:30 7:00-8:30	3:00-4:30	NoClass
REC	Level 6 MIXED	Open Age	NoClass	7:00-8:30	6:30-8:00	7:00-8:30	7:00-8:30	NoClass	NoClass

INTERMEDIATE 1 TIMETABLE

Class Name	Level	Ages	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LOCATION - RGC GYM, UNIT 8 RACECOURSE BUSINESS PARK, PARKMORE, GALWAY									
REC	INT Level 1	Open Age	5:30-7:00	NoClass	NoClass	NoClass	NoClass	NoClass	NoClass
		Open Age	NoClass	NoClass	NoClass	NoClass	5:30-7:00	NoClass	NoClass
WAG	INT Level 1	Open Age	NoClass	NoClass	NoClass	7:00-8:30	NoClass	NoClass	NoClass
MAG	INT Level 1	Open Age	4:00-5:30	NoClass	NoClass	NoClass	NoClass	NoClass	NoClass

GENERAL PROGRAM INFORMATION

	CLASS DURATION	TRAINING FREQUENCY	TRAINING YEAR DURATION [WEEKS]	ANNUAL CLUB MEMBERSHIP [YEARLY]	GYMNAST. IRELAND MEMBERSHIP [SEP-AUG]	MONTHLY TUITION (TRAINING FEE)	NUMBER OF PAYABLE MONTHS	SIBLING DISCOUNT [PER WEEK]
KINDER	45 Min	Once per week	38*	€30.00	€10.00**	€31.00	10	€1.00
ENTRY	60 Min	Once per week	38*	€30.00	€20.00	€35.00	10	€1.00
REC 60	60 Min	Once per week	38*	€30.00	€20.00	€35.00	10	€1.00
REC 90	90 Min	Once per week	38*	€30.00	€20.00	€41.00	10	€1.00
INT 1***	90 Min	Once per week	38*	€30.00	€20.00	€41.00	10	€1.00




* Members attending classes on Mondays will attend a total of 36 weeks, monthly fee for May and June will be discounted.

** €10 membership for children aged 4 years or less on 1st September 2018 or €20 if aged 5 or more on same date.

*** Members of our Intermediate Level 1 programs will be offered optional summer training.




KINDER PROGRAM

The Kinder Program is the first step into recreational gymnastics training without parent's participation. Children learn at their own pace, in a non-competitive and coeducational environment through fun, fitness and action packed activities while promoting good body management and movement awareness. This program is designed for children aged 3-6yrs attending Pre-School, Junior Infants and Senior Infants starting gymnastics for the first time. Members enter this program by invitation from the waiting list or by transferring from Parent and Toddler.

KINDER BEGINNER		Kinder Beginners, group also referred to as CURIOUS CATERPRILLARS , focuses on the ABC's of basic gymnastics through shapes, stretches, balance & coordination.
KINDER LEARNER		BOUNCING BUTTERFLIES focuses on building progressions by applying shapes to simple skills and expanding body awareness through physical preparation and simple floor work.
KINDER MASTER		LEAPING LIONS learn more complex combinations of shapes by bulding up on their already learnt skills. Children are introduced to new concepts of early apparatus work in running, jumping, balancing and hanging while continuing to build floor skill progressions.




ENTRY PROGRAM

The Entry Stream is a program designed to teach children the fundamentals of gymnastics by developing strength, co-ordination and confidence through basic gymnastics skills and movements open. Emphasis is on learning through fun and fitness. The program is opened to all new gymnasts aged 6+ years (1st Class) and older starting gymnastics at RGC for the first time. All new gymnasts or those returning after taking a break from training for a full training cycle enter our club through this Stream. All gymnasts are assessed periodically in class to determine the best individual training route. Members enter this program by invitation from the waiting list.

ENTRY BEGINNER		JUMPING JACKS learn the ABC's of basic gymnastics through shapes, stretches, balance & coordination. Gymnasts work on master basic movements and begin learning important progression drills.
ENTRY LEARNER		TERRIFIC TUCKERS class is for gymnasts who have demonstrated a good understanding of basics and are ready to apply the basic shapes to gymnastics skill work and progressions.
ENTRY MASTER		SUPER STARZ begin to develop more advanced floor skills and introduces gymnasts to basic skills and progressions required for apparatus development. Gymnasts work on transisioth elements required for moving in to the recreational levels streams.




RECREATIONAL PROGRAM LEVELS 1 - 3

Level 1 to 3 are the first steps on the recreational levels ladder. The first tier focuses on developing the basic skills learned in prior streams and applying them to new apparatus. Before entering Level 1 gymnasts will need to have passed an Entry or Kinder Syllabus focusing on learning basic shapes and movements. Gymnasts begin to build their apparatus skill levels beginning with a greater focus on floor work. Gymnasts train on a multi-discipline syllabus and focus on building apparatus basics across the 3 levels.

LEVEL 1		MARVELLOUS MONKEYS is the first step on the recreational levels ladder. Gymnasts continue to build the floor skills while learning basic progression drills for apparatus such as Vault and Bars.
LEVEL 2		BRAVE REBOUNDERS gymnasts continue to work on their floor skills while developing strength on bars and focusing on balance and coordination exercises required for apparatus development.
LEVEL 3		HILLARIOUS HANDSTANDERS is the final sub level in the first tier of the recreational levels structure. To complete level 3 gymnasts must master basic floor skills including rolls, handstands, and cartwheels. Gymnasts must also demonstrate basic vaults and good progression with apparatus drills and strength on bars.

RECREATIONAL PROGRAM LEVELS 4 - 6

Levels 4 to 6 are in the 2nd tier of the Recreational Levels Stream. Gymnasts are invited in to this stream after they have demonstrated a good consistent grasp of their basic skill requirements. Gymnasts will begin to develop more complex routines in training sessions on the different apparatus using their basic skills. Gymnasts will start learning drills for more advanced skill work.

LEVEL 4		STYLISH CARTWHEELERS is the first stage in the 2nd tier of the Recreational Levels Stream. Gymnasts are invited in to this stream after they have demonstrated a good consistent grasp of their basic skill requirements. Gymnasts will begin to develop more complex routines in training sessions on the different apparatus using their basic skills.
LEVEL 5		WICKED HURDLERS gymnasts will continue to build a more complex skill bank moving from drills to full skills for advanced apparatus work. Training sessions will involve tracking skill consistency and maintenance. Increased attendance commitment is recommended for further progression.
LEVEL 6		EXPERT TUMBLERS gymnasts may begin to specialize on specific apparatus. A certain level of basic ability on all apparatus must be maintained as gymnasts begin to input more decision making into their training programs. New preparations for more complex skills are introduced along with building consistency of newly achieved skills from Level 5. Gymnasts will continue to develop routines and have more input into routine composition.

INTERMEDIATE PROGRAM LEVEL 1

The Intermediate Stream is for gymnasts aged 5+ who demonstrate a natural aptitude for the sport of gymnastics and the ability to work at a faster learning pace. Level 1 is the first stage of this stream and gymnasts will work towards participation in the Club Competition. Gymnasts may be invited to pursue a discipline specific route from the Level 1 Groups. Recreational gymnasts will continue to train on a multi-discipline syllabus and compete within the Club Levels Structure. Discipline Specific Groups begin introducing the specific apparatus requirements outlined by Gymnastics Ireland. Entry is by invitation only.