

# Women's Artistic Gymnastics Program

## WEEKLY TRAINING SCHEDULE (SEP - JUN)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>HP Squad</b>	4.30-8.30pm	4.15-8.30pm		9am-5pm	2.45-7pm	9am-5pm
<b>HP Start Squad</b>	(4-8pm)	4-8.15pm		4-8.15pm	4-7.30pm	9am-2.30pm
<b>National 1 SS</b>	4-7.15pm		4-7.15pm		4-7.15pm	(9am-12.15pm)
<b>National 2</b>		4-8pm		4-8pm		9am-2pm
<b>National 3</b>		4.30-8.30pm	4.30-8.30pm			12-5pm
<b>Development 1</b>		4-7pm		4-7pm		
<b>Development 2</b>			4.30-7.30pm			9am-12pm
<b>Development 3</b>			5-8pm		5-8pm	
<b>Development 4</b>	6-9pm				6-9pm	
<b>Intermediate 2</b>			6.30-8.30pm			

## TRAINING & FEES

	No. Hours p/Week	No. Weeks p/Year	No. Weeks Billed	No. Monthly Payments	Annual Club Membership	GI Membership
<b>HP Squad</b>	26	50	48	12	€30	€35
<b>HP Start Squad</b>	17.5/21.5	50	48	12	€30	€35
<b>National 1 SS</b>	9.75/13	50	48	12	€30	€35
<b>National 2 &amp; 3</b>	13	50	48	12	€30	€35
<b>Development 1</b>	6/9.25	49	47	12	€30	€35
<b>Development 2-4</b>	6	49	47	12	€30	€35
<b>Intermediate 2</b>	2	41	39	10	€30	€20/€35

## OTHER IMPORTANT INFORMATION

\*\*\* Above weekly schedule is effective from Monday 3rd September 2018 until Sunday 30th June 2019.\*\*\*

\*\*\* Training dates on Page 2 are valid unless advised otherwise. Club will send notifications via E-mail and Text only in case of a change to the schedule.\*\*\*

\*\*\* Summer schedule is advised closer to summer.\*\*\*

\*\*\* Training due to take place on Public Holidays will either run as normal or be moved to another day or students may be asked to train with another group that week. This is normally advised closer to the date.\*\*\*

\*\*\* GI Competitions' dates will be advised once made available by Gymnastics Ireland. We advise that parents keep an eye on [GI website](http://www.gymnasticsireland.com/events-results) - <http://www.gymnasticsireland.com/events-results>.\*\*\*

\*\*\* RGC operate strict No Fees = No Train policy. Fees are due by on the 1st of each month. Autopay registration is mandatory for all club members.\*\*\*

\*\*\* All prospective members are required to agree to current Club Rules, Policies and Mandatory Membership Agreement online via [Parent Portal](#) before they may become members of RGC and Gymnastics Ireland.\*\*\*

\*\*\* Detailed information regarding fees, billing, payments, enrolment, cancellation, absenteeism, missed classes, credits, refunds and much more is available on our [website](#) and our Member Handbook.\*\*\*

# Women's Artistic Gymnastics Program

## TRAINING DATES 2018-2019

September & October									
Training Dates	3 - 9 Sep	10 - 16 Sep	17 - 23 Sep	24 - 30 Sep	1 - 7 Oct	8 - 14 Oct	15 - 21 Oct	22 - 28 Oct	-
HP Squads	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	-
National 1-3	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	-
Development 1-4	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	-
Intermediate 2	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	-
Important Note						13-14 Oct WAG Competition			
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	24 - 30 Dec
HP Squads	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16	OFF
National 1-3	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16	OFF
Development 1-4	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16	OFF
Intermediate 2	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16	OFF
Important Note	29 Oct = Public Holiday				1-2 Dec WAG Competition				
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
HP Squads	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25
National 1-3	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25
Development 1-4	OFF	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Intermediate 2	OFF	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Important Note	1 Jan = Public Holiday								
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	-
HP Squads	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	-
National 1-3	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	-
Development 1-4	Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	-
Intermediate 2	Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	-
Important Note		17 Mar = St. Patrick	18 Mar = Public Holiday					22 Apr = Public Holiday	
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
HP Squads	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	Week 40	Week 41	Week 42
National 1-3	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	Week 40	Week 41	Week 42
Development 1-4	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	Week 40	Week 41
Intermediate 2	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	Week 40	Week 41
Important Note		6 May = Public Holiday			1-2 Jun = Club Competition	3 Jun = Public Holiday			
July & August (SUMMER TRAINING / COMPETITIVE CAMP TBC)									
Training Dates	1 - 7 Jul	8 - 14 Jul	15 - 21 Jul	22 - 28 Jul	29 Jul - 4 Aug	5 - 11 Aug	12 - 18 Aug	19 - 25 Aug	26 Aug - 1 Sep
HP Squads	Week 43	Week 44	Week 45	Week 46	OFF	Week 47	Week 48	Week 49	Week 50
National 1-3	Week 43	Week 44	Week 45	Week 46	OFF	Week 47	Week 48	Week 49	Week 50
Development 1-4	Week 42	Week 43	Week 44	Week 45	OFF	Week 46	Week 47	Week 48	Week 49
Intermediate 2	OPTIONAL SUMMER TRAINING (TBC)								
Important Note					RACE WEEK	5 Aug = Public Holiday			