



## Renmore Gymnastics Club

### TARGET SQUAD GENERAL INFORMATION 2019-2020

Class Name & Level	Pre-Req	Duration	Tuesday	Wednesday	Thursday	Friday	Sunday
TARGET SQUAD: Beginner	New Members & Internal Transfer Recommendations	60 min	8.00-9.00pm		7:30 - 8:30pm {SALTHILL VENUE}		3.45-4.45pm
TARGET SQUAD: Intermediate	Invitation Only - Club Assessment	90 min		5.30-7.00pm & 7.00-8.30pm		7:30-9:00pm	4.45-6.15pm
TARGET SQUAD: Advanced	Invitation Only - Club Assessment	120 min		7:00 - 9:00pm		7:00 - 9:00pm	

FEE TABLE	Monthly Tuition
60-minute class	€40.00
90-minute class	€46.00
120-minute class	€52.00
2 x 2 hours**	€83.20

\* Sibling Discount of 1 Euro per week is given.

\*\*INVITATION ONLY\*\*

ADDITIONAL INFORMATION	
Annual Club Membership (12 months from date of joining):	€30.00
Gymnastics Ireland Membership under 18 (Sep-Aug):	€20.00
Gymnastics Ireland Membership over 18 (Sep-Aug):	€25.00
Frequency of Training	1-2 times p/w
Billing Model	Monthly

#### WHAT IS TARGET SQUAD?

The focus of the program is to promote fun, fitness, and friendship through the sport of gymnastics. There are training options for NEW and EXPERIENCED gymnasts. Class participants are encouraged to get involved in the planning process – to set TARGETS they want to achieve and learn how to organize their own training to reach their individual goals.

\*AGES ARE LOOSELY BASED ON THOSE ENROLLED IN SECONDARY SCHOOL.

#### WHAT DO THE LEVELS MEAN?

Target Squad is divided up into three levels: Beginners, Intermediate, and Advanced.

Beginner level is open to NEW members and may be recommended for recreational gymnasts as they enter secondary school and shift the focus of their training from competition prep to Keep Fit.

Intermediate & Advanced level gymnasts can also add this class as a keep additional extra.

Intermediate Level is recommended for gymnasts who are working towards personal goals instead of discipline specific apparatus guidelines. This is an extension of Intermediate Discipline specific programs and is a non-competitive option for members previously training within one of our other streams. This level is open through club invitation only.

Advanced Level is recommended for gymnasts who have completed Target Intermediate OR are stepping back from an Advanced level or higher club competitive program.

See Next Page for Term Dates >>>

### TRAINING TIMETABLE

September & October									
Training Dates	2 - 8 Sep	9 - 15 Sep	16 - 22 Sep	23 - 29 Sep	30 Sep - 6 Oct	7 - 13 Oct	14 - 20 Oct	21 - 27 Oct	28 - 3 Nov
Tuesday	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Wednesday	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Thursday	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Friday	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Sunday	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
November & December									
Training Dates	4 - 10 Nov	11 - 17 Nov	18 - 24 Nov	25 Nov - 1 Dec	2 - 8 Dec	9 - 15 Dec	16 - 22 Dec	23 - 29 Dec	30 Dec - 5 Jan
Tuesday	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16	A	A
Wednesday	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16	A	BH
Thursday	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16	A	A
Friday	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16	A	A
Sunday	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16	A	A
January & February									
Training Dates	6 - 12 Jan	13 - 19 Jan	20 - 26 Jan	27 Jan - 2 Feb	3 - 9 Feb	10 - 16 Feb	17 - 23 Feb	24 Feb - 1 Mar	
Tuesday	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	-
Wednesday	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	-
Thursday	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	-
Friday	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	-
Sunday	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	-
March & April									
Training Dates	2 - 8 Mar	9 - 15 Mar	16 - 22 Mar	23 - 29 Mar	30 Mar - 5 Apr	6 - 12 Apr	13 - 19 Apr	20 - 26 Apr	27 Apr - 3 May
Tuesday	Week 25	Week 26	St. Patrick's*	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33
Wednesday	Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33
Thursday	Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33
Friday	Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33
Sunday	Week 25	Week 26	Week 27	Week 28	Week 29	Easter Sunday*	Week 31	Week 32	Week 33
May & June									
Training Dates	4 - 10 May	11 - 17 May	18 - 24 May	25 - 31 May	1 - 7 Jun	8 - 14 Jun	15 - 21 Jun	22 - 28 Jun	29 Jun - 5 Jul
Tuesday	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	Week 40	Week 41	Week 42
Wednesday	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	Week 40	Week 41	Week 42
Thursday	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	Week 40	Week 41	Week 42
Friday	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	Week 40	Week 41	Week 42
Sunday	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	Week 40	Week 41	Week 42
July & August									
Training Dates	6 - 12 Jul	13 - 19 Jul	20 - 26 Jul	27 Jul - 2 Aug	3 - 9 Aug	10 - 16 Aug	17 - 23 Aug	24 - 30 Aug	
Tuesday	Week 43	Week 44	Week 45	C	Week 46	Week 47	Week 48	D	-
Wednesday	Week 43	Week 44	Week 45	C	Week 46	Week 47	Week 48	D	-
Thursday	Week 43	Week 44	Week 45	C	Week 46	Week 47	Week 48	D	-
Friday	Week 43	Week 44	Week 45	C	Week 46	Week 47	Week 48	D	-
Sunday	Week 43	Week 44	Week 45	C	Week 46	Week 47	Week 48	D	-

\*17/03

\*12/04

\* Classes are cancelled and gymnasts are invited to attend an alternate during the same week or request a credit note instead.