



RGC - TARGET SQUAD PROGRAM INFORMATION Summer 2020

Class Name & Level	Venue	Duration	Tuesday	Wednesday	Thursday	Friday	Sunday
TARGET SQUAD: Beginner	Racecourse	60 min	7.15-8.15pm	no class	6.45 - 7.45pm	no class	5.30-6.30pm
TARGET SQUAD: Intermediate	RGC Main Hall	90 min	no class	5.15-6.45pm 7.00-8.30pm	no class	5:30-7:00pm	4.15-5.45pm
TARGET SQUAD: Advanced	RGC Main Hall	120 min	no class	1:00 - 3:00pm 6:45 - 8:45pm	no class	7:15 - 9:15pm 7:30 - 9:30pm	no class

FEE TABLE*	Summer Tuition
60-minute class**	€80.00
90-minute class	€103.50
120-minute class	€117.00
Multiple Classes	contact reception

* Sibling Discount of 1 Euro per week is given.

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 (Summer Only)	€5.00
Frequency of Training	Typically 1xp/w
Billing Model	Summer Term**

**Summer Term = 8 Weeks for Beginners & 9 Weeks for INT & ADV

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.

These are not age specific classes however participants must be in 6th class or older. The recommended minimum age is 12 - maximum age is 17.

WHAT DO THE LEVELS MEAN?

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

Beginner level focuses specifically on Keep Fit and Apparatus Basics. Gymnasts learn how to shift their training focus from a pre-set syllabus to creating and working towards individual goals. Intermediate & Advanced level gymnasts can also add this class as a keep additional extra. Gymnasts may also be invited to participate in National GymStart Events.

Intermediate Level is recommended for gymnasts who have acquired a set amount of pre-requisite apparatus skills. This is an extension of Intermediate Discipline specific programs and is a non-competitive option for members previously training within INT streams. Gymnasts are also eligible to participate in National GymStart Events This level is open through club invitation and assessment only.

Advanced Level is recommended for gymnasts who have completed Target Intermediate OR are transitioning from an Advanced level or Performance Squad Stream. This is an invitation only squad.

SUMMER 2020 TRAINING TIMETABLE

July & August									
Training Dates	29 Jun - 5 Jul	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 (B)	Week 1	Week 2	Week 3	Week 4	No Classes	Week 5	Week 6	Week 7	Week 8
Wednesday (I&A)	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Thursday (B)	Week 1	Week 2	Week 3	Week 4	No Classes	Week 5	Week 6	Week 7	Week 8
Friday (I&A)	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Sunday (B)	Week 1	Week 2	Week 3	Week 4	No Classes	Week 5	Week 6	Week 7	Week 8
Sunday (I)	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9