

# PROGRAMME TIMETABLE



Training Programme:

**BEGINNER GYM**

Training Period:

**SUMMER 2022**

Age Range	Duration	Training Frequency	Season Duration
<b>All Ages*</b>	30/45/60 Minutes**	Once per week	July & August

## Training Times

Age Range	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Under 5 years</b>		3.00pm 3.45pm	3.00pm 3.45pm	3.00pm 3.45pm	3.00pm 3.45pm	09.30am 10.15am 11.00am 12.00am 1.00pm	11.45am 12.30pm 1.15pm 2.00pm 2.45pm
<b>Under 7 years</b>		3.00pm 3.45pm 4.30pm	3.00pm 3.45pm	3.00pm 3.45pm	3.00pm 3.45pm	09.30am 10.15am 11.00am 12.00am 1.00pm	11.30am 12.15am 1.00pm 2.00pm 2.45pm 3.15pm
<b>Under 10 years</b>		3.00pm 3.45pm 4.30pm 5.30pm	3.00pm 3.45pm 4.30pm	3.45pm 4.30pm	3.45pm 4.45pm	09.30am 10.15am 1.00pm	11.30am 12.15am 1.00pm 3.15pm 4.30pm
<b>Over 10 years</b>		5.30pm 6.30pm	6.30pm	5.45pm	5.45pm	2.00pm	4.30pm
<b>Over 13 years</b>		7.00pm	7.00pm		7.00pm		4.00pm
<b>GymAble O-8</b>							10.00am
<b>GymAble U-8</b>							11.00am

*Move – Grow – Thrive!*

Document Title	Date Effective
<b>Programme Timetable</b>	<b>26-May-2022</b>

# PROGRAMME TIMETABLE

*\*Age Based on Sept 1<sup>st</sup> 2021 – New Timetable for Sept 2022 Coming Soon*

*\*\*Duration Varies based on Age: (U5=30min) (5-12=45min) (13-17=60min) (18+ see Adults) (GymAble U8=30min & O8=45min)*

## Season Training Dates

27 Jun-03 Jul	04-10 Jul	11-17 Jul	18-24 Jul	25-31 Jul	01-07 Aug	08-14 Aug	15-21 Aug	22-28 Aug
<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>No Training</b>	<b>No Training</b>	<b>No Training</b>	<b>No Training</b>	<b>Week 4</b>	<b>Week 5</b>

*Please note that there is NO training on Public Holidays unless specifically outlined*

General Course Information	
Gymnasts learn general gymnastics skills in this programme	GymAble is our inclusion programme
Once you have an active enrolment in our classes, you are auto-enrolled every season. If you wish to withdraw, please notify us in advance.	Progression along our Gymnast's Pathway is by internal assessment.
Please read our Members Handbook prior to booking programmes.	Enrolments and Transfers may be requested through our Customer Portal.
All tuition is paid monthly in advance using our autopay function. This is explained further in the Members Handbook.	Sibling & Multi-Class discounts are available to members. More info in our Members Handbook

*For more information on our programmes please contact [reception@renmoregymnastics.org](mailto:reception@renmoregymnastics.org)*

*Move – Grow – Thrive!*

<b>Document Title</b>	<b>Date Effective</b>
<b>Programme Timetable</b>	<b>26-May-2022</b>