

# PROGRAMME TIMETABLE



Training Programme:

**CLUB SQUAD 1**

Training Period:

**SUMMER 2022**

Age Range	Duration	Training Frequency	Season Duration
All Ages*	1 Hour	Once per week	July & August

## Training Times

Age Range	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Under 8 years		4.30pm	4.30pm 5.30pm	4.30pm	3.45pm	11.00am 12.00pm	1.00pm 2.00pm
Under 10 years		4.30pm 5.30pm 6.30pm	4.30pm 5.30pm	4.30pm 5.45pm 6.45pm	3.45pm 4.45pm 5.45pm 6.45pm	11.00am 12.00pm 2.00pm	1.00pm 2.00pm 3.00pm 4.30pm
Over 10 years		5.30pm 6.30pm	5.30pm 7.15pm	4.30pm 5.45pm 6.45pm	4.45pm 5.45pm 6.45pm	2.00pm	3.00pm 4.30pm
Over 13 years		7.00pm	7.00pm		7.00pm		4.00pm
GymAble							10.00am

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

*Move – Grow – Thrive!*

Document Title	Date Effective
Programme Timetable	26-May-2022

# PROGRAMME TIMETABLE

## 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
Week 1	Week 2	Week 3	No Training	No Training	No Training	No Training	Week 4	Week 5

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

## General Course Information

Gymnasts learn increased 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>