

# PROGRAMME TIMETABLE



Training Programme:

**CLUB SQUAD 2**

Training Period:

**SUMMER 2022**

Discipline	Duration	Training Frequency	Season Duration
<b>MAG</b>	90 minutes	Once per week	July & August
<b>RHY</b>	90 minutes	Once per week	July & August
<b>TARGET</b>	90 minutes	Once per week	July & August
<b>TUM</b>	90 minutes	Once per week	July & August
<b>WAG</b>	90 minutes	Once per week	July & August

## Training Times

Age Range	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>MAG</b>			4.00pm				
<b>RHY</b>			6.30pm				
<b>TARGET</b>		7.00pm	7.00pm		7.00pm		4.00pm
<b>TUM</b>					5.00pm		
<b>WAG</b>		5.30pm	3.30pm 5.00pm 7.00pm	6.45pm	3.30pm 5.00pm 7.00pm	2.00pm	11.30am 1.00pm 2.30pm 4.00pm

*Move - Grow - Thrive!*

Document Title	Date Effective
Programme Timetable	26-May-2022

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## 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	29 Aug – 4 Sep
Week 1	Week 2	Week 3	No Training	No Training	No Training	No Training	Week 4	Week 5	Week 6

**Please note that there is NO training on Public Holidays unless specifically outlined**  
**Our full 2023 Season will commence on 05-Sep-2022**

## General Course Information

MAG: Men's Artistic Gymnastics – Training on Floor, Vault, Bars, Rings, Pommel	RHY: Rhythmic gymnastics- Training on floor using balls, hoops, ribbons and clubs
Target: Multi-discipline working towards individual goals. Open age (but mainly teenagers & young adults)	TUM: Tumbling – Training using tracks
WAG: Women's Artistic Gymnastics – Training on Vault, Bars, Beam & Floor	Progression along our Gymnast's Pathway is by internal assessment.
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.	All tuition is paid monthly in advance using our autopay function. This is explained further in the Members Handbook.
Please read our Members Handbook prior to booking programmes.	Enrolments and Transfers may be requested through our Customer Portal.
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!**

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