

PROGRAMME TIMETABLE



Training Programme:

HIGH PERFORMANCE

Training Period:

SUMMER 2022

| Discipline | Duration | Training Frequency | Season Duration |
|------------|----------|--------------------|-----------------|
| RHY HP | 13 hours | Four Days | July & August |

Training Dates & Times

| Week | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------------|-----------|-----------|--------|-----------|--------|-----------|--------|
| 27 Jun – 03 Jul | Spain | 1300-1600 | | 0900-1300 | | OSS | OS/IDS |
| 04 – 10 Jul | 1500-1800 | 1300-1600 | | 0900-1300 | | 1200-1600 | |
| 11 – 17 Jul | 1500-1800 | 1300-1600 | | 0900-1300 | | 1200-1600 | |
| 18 – 24 Jul | 1500-1800 | 1500-1800 | | 1500-1900 | | 1200-1600 | |
| 25 – 31 Jul | Camp | Camp | Camp | Camp | Camp | | |
| 01 – 07 Aug | No Trg | No Trg | No Trg | No Trg | No Trg | | |
| 08 – 14 Aug | 1500-1800 | 1500-1800 | | 1500-1900 | | 1200-1600 | |
| 15 – 21 Aug | 1500-1800 | 1500-1800 | | 1500-1900 | | 1200-1600 | |
| 22 – 28 Aug | 1500-1800 | 1300-1600 | | 0900-1300 | | 1200-1600 | |
| 29 Aug – 04 Sep | 1500-1800 | 1300-1600 | | 0900-1300 | | 1200-1600 | |

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 | |
|---|---|
| RHY: Rhythmic gymnastics- Training on floor using balls, hoops, ribbons & clubs | WAG: Women's Artistic Gymnastics – Training on Vault, Bars, Beam & Floor |
| Progression along our Gymnast's Pathway is by internal assessment. | Please read our Members Handbook prior to booking programmes. |
| 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. |
| Sibling & Multi-Class discounts are available to members. More info in our Members Handbook | Enrolments and Transfers may be requested through our Customer Portal. |

For more information on our programmes please contact reception@renmoregymnastics.org

Move - Grow - Thrive!

| Document Title | Date Effective |
|---------------------|----------------|
| Programme Timetable | 26-May-2022 |