

PROGRAMME TIMETABLE



Training Programme:

HIGH PERFORMANCE

Training Period:

SUMMER 2022

Discipline	Duration	Training Frequency	Season Duration
WAG HP 1	20 hours	Five Days	April to August

Training Dates & Times

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
27 Jun – 03 Jul	1600-2000	1600-2000		1600-2000	1400-1800	0900-1300	
04 – 10 Jul	1600-2000	1600-2000		1600-2000	1400-1800	0900-1300	
11 – 17 Jul	1600-2000	1600-2000		1600-2000		Salto	Salto
18 – 24 Jul	Salto			1600-2000	1400-1800	0900-1300	
25 – 31 Jul	No Trg	No Trg	No Trg	No Trg	No Trg	No Trg	No Trg
01 – 07 Aug		Camp	Camp	Camp	Camp	OSS	OSS
08 – 14 Aug	1600-2000	1600-2000		1600-2000	1400-1800	0900-1300	
15 – 21 Aug	1600-2000	1600-2000		1600-2000	1400-1800	0900-1300	
22 – 28 Aug	1600-2000	1600-2000		1600-2000	1400-1800	0900-1300	
22 – 28 Aug	1600-2000	1600-2000		1600-2000	1400-1800	0900-1300	

*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	
WAG: Women's Artistic Gymnastics – Training on Vault, Bars, Beam & Floor	Enrolments and Transfers may be requested through our Customer Portal.
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	

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

Move - Grow - Thrive!

Document Title	Date Effective
Programme Timetable	26-May-2022