

PROGRAMME TIMETABLE



Training Programme:

HIGH PERFORMANCE

Training Period:

SUMMER 2022

| Discipline | Duration | Training Frequency | Season Duration |
|-----------------|-------------|--------------------|-----------------|
| WAG HP 6 | 25-28 hours | Five Days | July & August |

Training Dates & Times

| Week | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|------------------------|------------|------------|------------|------------|------------|-----------|-----|
| 27 Jun – 03 Jul | 1400-1830 | 0900-1700 | | 1545-2015 | 1300-1730 | 0900-1700 | |
| 04 – 10 Jul | 1400-1830 | 0900-1700 | | 1545-2015 | 1300-1730 | 0900-1700 | |
| 11 – 17 Jul | Euros/Trg* | Euros/Trg* | Euros/Trg* | Euros/Trg* | Euros/Trg* | | |
| 18 – 24 Jul | 1400-1830 | 0900-1700 | | 1545-2015 | 1300-1730 | 0900-1700 | |
| 25 – 31 Jul | 0900-1300 | 0900-1300 | 0900-1300 | | 0900-1300 | | |
| 01 – 07 Aug | Camp | Camp | Camp | Camp | Camp | | |
| 08 – 14 Aug | TBC | TBC | TBC | TBC | TBC | TBC | TBC |
| 15 – 21 Aug | TBC | TBC | TBC | TBC | TBC | TBC | TBC |
| 22 – 28 Aug | 1400-1830 | 0900-1700 | | 1545-2015 | 1300-1730 | 0900-1700 | |
| 29 Aug – 04 Sep | 1400-1830 | 0900-1700 | | 1545-2015 | 1300-1730 | 0900-1700 | |

**Training Times During Euros will be decided closer to the time
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 |