

PROGRAMME TIMETABLE



Training Programme:

ACTIVE START

Training Period:

2023 Season

Age Range	Duration	Training Frequency	Season Duration
Under 5 years	30 mins	Once per week	September to August

Start Times

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	3.00pm 3.45pm	3.00pm 3.45pm	3.00pm 3.45pm	3.00pm 3.45pm	09.30am 10.15am 11.00am 12.00am 1.00pm	11.45am 12.30pm 1.15pm 2.00pm 2.45pm

Training Times for July & August 2023 may be adjusted in line with the Club's Programme for Summer

Season Training Blocks

05 Sep-30 Oct	31 Oct-06 Nov	07 Nov-18 Dec	19 Dec-01 Jan	02 Jan-12 Mar	13-19 Mar	20 Mar-02 Apr	03 - 16 Apr	17 Apr-23 Jul	24 Jul-20 Aug	21 Aug-03 Sep
Training Weeks	No Training	Training Weeks	No Training	Training Weeks	No Training	Training Weeks	No Training	Training Weeks	No Training	Training Weeks

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

General Course Information

This is an entry level programme for younger gymnasts

This programme focusses on fitness through fun.

Move – Grow – Thrive!

Document Title	Date Effective
Programme Timetable	08-Aug-2022

PROGRAMME TIMETABLE



Training Programme:

ACTIVE START

Training Period:

2023 Season

Age Range	Duration	Training Frequency	Season Duration
Under 8 years	45 mins	Once per week	September to August

Start Times

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	3.00pm 3.45pm 4.30pm	3.00pm 3.45pm	3.00pm 3.45pm	3.00pm 3.45pm	09.30am 10.15am 11.00am 12.00am 1.00pm	11.00am* 11.30am 12.15pm 1.00pm 2.00pm 2.45pm 3.15pm

**GymAble Class*

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Season Training Blocks

05 Sep-18 Dec	19 Dec-01 Jan	02 Jan-12 Mar	13 - 19 Mar	20 Mar-02 Apr	03 - 16 Apr	17 Apr-23 Jul	24 Jul-20 Aug	21 Aug-03 Sep
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Document Title	Date Effective
Programme Timetable	08-Aug-2022

PROGRAMME TIMETABLE



Training Programme:

Club Squad 1

Training Period:

2023 Season

Age Range	Duration	Training Frequency	Season Duration
Over 10	60 mins	Once per week	September to August

Start Times

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	5.30pm 6.30pm	5.30pm 7.00pm	4.30pm 5.45pm 6.45pm	5.45pm 7.00pm	2.00pm	10.00am* 3.00pm 4.30pm

**GymAble Programme*

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Season Training Blocks

05 Sep-18 Dec	19 Dec-01 Jan	02 Jan-12 Mar	13-19 Mar	20 Mar-02 Apr	03 - 09 Apr	10 Apr-23 Jul	24 Jul-20 Aug	21 Aug-03 Sep
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General Course Information

Gymnasts build their general gymnastics skills in this programme	This programme focusses on fitness through fun.
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.

Move – Grow – Thrive!

Document Title	Date Effective
Programme Timetable	08-Aug-2022

PROGRAMME TIMETABLE



Training Programme:

Club Squad 1

Training Period:

2023 Season

Age Range	Duration	Training Frequency	Season Duration
Over 13	60 mins	Once per week	September to August

Start Times

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	7.00pm	7.00pm		7.00pm		10.00am* 4.00pm

**GymAble Programme*

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Programme Timetable	08-Aug-2022

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Club Squad 1

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2023 Season

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Under 8	60 mins	Once per week	September to August

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Programme Timetable	08-Aug-2022

PROGRAMME TIMETABLE



Training Programme: **Gym FUNDamentals** Training Period: **2023 Season**

Age Range	Duration	Training Frequency	Season Duration
Over 10 years	45 mins	Once per week	September to August

Start Times

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	5.30pm 6.30pm	7.00pm	5.45pm	5.45pm	2.00pm	4.30pm

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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

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Programme Timetable	08-Aug-2022

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