

# PROGRAMME TIMETABLE



Training Programme:

**CLUB SQUAD 2**

Training Period:

**2023 Season**

Discipline	Duration	Training Frequency	Season Duration
<b>MAG</b>	90 Minutes	Once per week	Sept - Aug
<b>RHY</b>	90 Minutes	Once per week	Sept - Aug
<b>TARGET</b>	90 Minutes	Once per week	Sept - Aug
<b>TUM</b>	90 Minutes	Once per week	Sept - Aug
<b>WAG</b>	90 Minutes	Once per week	Sept - Aug

## 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>					6.00pm		
<b>WAG</b>		5.30pm	4.00pm 5.30pm 6.30pm	6.45pm	3.30pm 5.00pm 6.30pm		11.30am 1.00pm 2.30pm 4.00pm

*Move – Grow – Thrive!*

<b>Date Effective</b>	<b>08-Aug-2022</b>
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## Season Training Blocks

05 Sep-18 Dec	19 Dec-01 Jan	02 Jan-12 Mar	13-19 Mar	20 Mar-30 Jul	31 Jul- 13 Aug	14 Aug- 03 Sep
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	
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 enrollment 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!*

Date Effective	08-Aug-2022
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