

# PROGRAMME TIMETABLE



Training Programme: **Intermediate Squads** Training Period: **2023 Season**

| Squad Name                  | Duration | Training Frequency | Season Duration     |
|-----------------------------|----------|--------------------|---------------------|
| <b>Rhythmic (RHY INT 1)</b> | 5 hours  | Twice weekly       | September to August |

## Weekly Training Times

| Mon              | Tue | Wed | Thu | Fri | Sat              | Sun |
|------------------|-----|-----|-----|-----|------------------|-----|
| 6.30pm to 9.00pm |     |     |     |     | 3.00pm to 5.30pm |     |

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

## Season Training Blocks

| 05 Sep-18 Dec  | 19 Dec-01 Jan      | 02 Jan-30 Jul  | 31 Jul-13 Aug      | 14 Aug-03 Sep  |
|----------------|--------------------|----------------|--------------------|----------------|
| Training Weeks | <b>No Training</b> | Training Weeks | <b>No Training</b> | Training Weeks |

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

| General Course Information  |   |
|---|---|
| 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 enrolment in our classes, you are auto-enrolled every season. If you wish to withdraw, please notify us in advance. | Sibling & Multi-Class discounts are available to members. More info in our Members Handbook |
| Please read our Members Handbook prior to booking programmes.   | Enrolments and Transfers may be requested through our Customer Portal.                      |
| All tuition is paid monthly in advance using our autopay function. This is explained further in the Members Handbook.                       |   |

*For more information on our programmes please contact [reception@renmoregymnastics.org](mailto:reception@renmoregymnastics.org)*

**Move - Grow - Thrive!**

| Document Title      | Date Effective |
|---------------------|----------------|
| Programme Timetable | 08-Aug-2022    |