

PROGRAMME TIMETABLE



Training Programme: **High Performance** Training Period: **2023 Season**

Squad Name	Duration	Training Frequency	Season Duration
Women's Artistic (WAG HP 1)	19.5 - 20 hours	Five days weekly	September to August

Weekly Training Times

Mon	Tue	Wed	Thu	Fri	Sat	Sun
4.00pm to 8.00pm	4.00pm to 8.00pm		4.00pm to 8.00pm	4.00pm to 7.30pm	9.00am to 1.00pm	

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	Reduced Training	Training Weeks	Reduced Training	Training Weeks

Please note that there is NO training on Public Holidays unless specifically outlined Times during Reduced Training Periods will be communicated closer to the time

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

Move - Grow - Thrive!

Document Title	Date Effective
Programme Timetable	08-Aug-2022