

2019-2020



39 Week Timetable
DO MORE "Perfect Basics"
DO MORE "Artistic"
DO MORE "Team Gym"



September 2019

M	T	W	T	F	S	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

October 2019

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November 2019

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December 2019

M	T	W	T	F	S	S
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

January 2020

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February 2020

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	

March 2020

M	T	W	T	F	S	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April 2020

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May 2020

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June 2020

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July 2020

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August 2020

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- DCC School Holidays (**No Training**)
- Denbigh Cluster School Training Days (**Gym Training as usual**)
- Additional **No Training** Dates
- Team Gym Competitive Squad Training Only (Venue TBC)

LS Team Gym Training 27th October 2019
 Northern League Team Gym 16th-17th Nov 2019 @ CLWYD HOUSE
 DO MORE Artistic Deeside Competition 28th-29th March 2020
 N. League Team Gym Comp. 25th-26th April 2020 @ LS GYM
 Keysteps+Artistic Club Champs 2nd-3rd May 2020 @ CLWYD HOUSE
 Denbigh & Ruthin Carnival 20th June 2020



Our Pathway



Ruthin & Denbigh Gymnastics Club Ltd
Clwb Gymnasteg Rhuthun & Dinbych Cyf



120 Minute Class - 40 week timetable

Club (Mixed Ages)

Whilst our club specialises in Team Gym as our high-level competitive pathway, we are flexible to allow gymnasts who show talent for artistic gymnastics to continue on this pathway to regional competition level. Team Gym takes the Artistic skills developed in the other classes and adds a team element. As you develop your skill and strength, you'll work as part of a team to perform more advanced and technical routines at micro-level (full-level is developed through attending the DO MORE Team Gym pathway).

The gymnasts receive an annual Attendance Rosette Award, and can take part in competitions and Team Displays.

Gymnasts have the opportunity to extend their gymnastics training hours via our development pathway - "DO MORE Perfect Basics", "DO MORE Artistic Competitive" and "DO MORE Team Gym Competitive".

↓ PLUS OPTIONAL ↓



DO MORE Perfect Basics

This extra time in the gym can be used for fun, fitness and to master the skills required to advance in the 4 main areas of Floor, Beam, Bars and Vault.

This 90 minute session will improve fitness, strength and flexibility, to complement their current session.

DO MORE Artistic Competitive

This competitive section, focused around improving fitness, strength and flexibility and to master the skills towards a regional competitive pathway.

Once a member of this Artistic Development Squad, gymnasts will be assigned a personal coach who will take responsibility for progressive learning and safety. The gymnast's personal coach will also help prepare them for competitions.

DO MORE Team Gym Competitive

As a **Gym-For-All** focused club, we are proud to hold the title of being the first club to offer Team Gym in North Wales. As a club that specialises in Team Gym, these extra sessions (at least 1x90 minute session, max. 360 minutes Olympic Squad), comes improved fitness, strength and flexibility. Additional time on the trampet, vault and tumble will focus on technique which means the sky's the limit on what can be achieved!

Once a member of this Team Gym Competitive Squad, gymnasts will be assigned a personal coach who will take responsibility for progressive learning and safety. The gymnast's personal coach will also help prepare them for competitions.

Extensive competition opportunities at Levels 6, 5 and 4, in competitive venues across England and Wales.