

2019-2020

36 Week Timetable



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



45 Minute Daisies/Strawberries - 60 Minute Whiteberries/Blueberries

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
						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					

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)
- Additional No Training Dates
- Denbigh Cluster School Training Days (Gym Training as usual)
- 😊 Happy Face Sessions

Our Pathway



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(Adult & Toddler Sessions) - Term-time and selected School Holiday dates

Stay & Play Gym Tots

The gym is transformed into a soft playground, so both you and your child are able to roam freely. It is a safe way for your child to discover new challenges and help develop their core movement patterns. A qualified coach oversees the session to help if needed.

45 Minute Class - 36 weeks term-time only

Pre-school Daisies (Age Guide: School Nursery)

A fully structured class, with adults as spectators only. In these sessions we work towards our British Gymnastics Pre-school awards. Fun interactive activities and music are key components of the sessions - helping your child learn to follow rules whilst building their confidence. Apparatus circuits provide a wide variety of fundamental movement activities.

45 Minute Class - 36 weeks term-time only

Strawberries (Age Guide: School Reception)

In these sessions we work towards the Welsh Gymnastics Bronze Preparation Awards. Fun, interactive and focused circuit-style apparatus are key components of the sessions - preparing them for more gymnastics skills. All our gymnasts in this section gain immediate access to our Whiteberries recreational class when they are 5 years old. It will take no longer than 12 months for the gymnast to make this progression.

60 Minute Class - 36 weeks term-time only

Whiteberries (Age Guide: School Year 1)

The aim of this class is to teach basic gymnastics skills and movements in a fun and friendly environment. The gymnasts work towards the first of many British Gymnastics, Welsh Gymnastics and Ruthin & Denbigh Progressional Awards. These awards are designed to allow the progressive learning of rolls, jumps, balances and group work.

60 Minute Class - 36 weeks term-time only

Blueberries (Age Guide: School Years 2+)

Following a combination of Welsh Gymnastics & British Gymnastics Proficiency Scheme, gymnasts continue to build developing their flexibility, strength, balance and co-ordination which underpins the gymnasts ability to further develop their skills. The gymnasts have the opportunity to use Club Level equipment such as asymmetric bars, FIG beam, Team Gym track and trampoline. Competition preparation is encouraged through "Happy Face" presentation sessions at the end of each full term. An achievement card, badge and rosette are awarded as they complete the 3 stage levels.

90 Minute Class - 39 week timetable

Poppies (Age Guide: School Years 2+)

Poppies enables older gymnasts to enter the club's pathway at beginner level, or to provide additional training time for those progressing from the Blueberries class. Still with fun and enjoyment as the main emphasis, these classes allow sufficient time in the gym to master the more difficult skills needed to complete the remaining British Gymnastics, Welsh Gymnastics and in-house awards.

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".

Gymnasts are individually assessed, therefore please use the class age guides as an indicator only.

