

2019-2020

39 Week Timetable 90 Minute Classes Poppies & Scarlets



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



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
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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						
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December 2019						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

January 2020						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February 2020						
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	1

March 2020						
M	T	W	T	F	S	S
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April 2020						
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20	21	22	23	24	25	26
27	28	29	30			

May 2020						
M	T	W	T	F	S	S
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

June 2020						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July 2020						
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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
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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
- Happy Face Sessions

Step Into Team Gym 1st December 2019
Keysteps+Artistic Club Champs 2nd-3rd May 2020 @ CLWYD HOUSE



Our Pathway



Ruthin & Denbigh Gymnastics Club Ltd
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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".

90 Minute Class - 39 week timetable

Scarlets (Mixed Ages)

This is a preparation class for the Ruthin and Denbigh Gymnastics Club and a period to complete their final award stage.

As a transitional class between these two levels, Team Gym skills and techniques are introduced as gymnasts become physically prepared and informed of the competition pathways in Artistic 4-piece or the Club's Specialist Team Gym pathway. The club often invites Scarlets class members to support displays and events by Club Level gymnasts, as this provides an opportunity to inspire gymnasts and encourages them to advance towards Club Level.

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".

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".

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



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.