

# AUCHTERARDER GYMNASTICS CLUB

# TRAINING CALENDER January – April 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7<sup>th</sup> Jan</b> (Classes back contd term 2)	<b>Girls Club</b> 4.00 – 6.00pm 6.00-9.00pm	<b>Boys 4pm -8pm</b> <b>Girls Club</b> 8-9pm	<b>Squads</b> 4.00 – 6.00pm 6.00-9.00pm	<b>Girls Club</b> 4.00 & 5.00pm 6.00 & 7-9pm	<b>Girls Club 4pm &amp; Squad</b>	<b>AGC Squads &amp; Sat Rec Class</b> 9.30 -11.30pm 12.30pm– 4.00pm	
<b>14<sup>th</sup> Jan</b>	<b>Girls Club</b> 4.00 – 6.00pm 6.00-9.00pm	<b>Boys 4pm -8pm</b> <b>Girls Club</b> 8-9pm	<b>Squads</b> 4.00 – 6.00pm 6.00-9.00pm	<b>Girls Club</b> 4.00 & 5.00pm 6.00 & 7-9pm	<b>Girls Club 4pm &amp; Squad</b>	<b>AGC Squads &amp; Sat Rec Class</b> 9.30 -11.30pm 12.30pm– 4.00pm	
<b>21<sup>st</sup> Jan</b> Term 3 starts	<b>NO CLASSES</b>	<b>Boys 4pm -8pm</b> <b>Girls Club</b> 8-9pm	<b>Squads</b> 4.00 – 6.00pm 6.00-9.00pm	<b>Girls Club</b> 4.00 & 5.00pm 6.00 & 7-9pm	<b>Girls Club 4pm &amp; Squad</b>	<b>AGC Squads &amp; Sat Rec Class</b> 9.30 -11.30pm 12.30pm– 4.00pm	
<b>28<sup>th</sup> Jan</b>	<b>Girls Club</b> 4.00 – 6.00pm 6.00-9.00pm	<b>Boys 4pm -8pm</b> <b>Girls Club</b> 8-9pm	<b>Squads</b> 4.00 – 6.00pm 6.00-9.00pm	<b>Girls Club</b> 4.00 & 5.00pm 6.00 & 7-9pm	<b>Girls Club 4pm &amp; Squad</b>	<b>AGC Squads &amp; Sat Rec Class</b> 9.30 -11.30pm 12.30pm– 4.00pm	<b>Mock comp</b>
<b>4<sup>th</sup> Feb</b>	<b>Girls Club</b> 4.00 – 6.00pm 6.00-9.00pm	<b>Boys 4pm -8pm</b> <b>Girls Club</b> 8-9pm	<b>Squads</b> 4.00 – 6.00pm 6.00-9.00pm	<b>Girls Club</b> 4.00 & 5.00pm 6.00 & 7-9pm	<b>Girls Club 4pm &amp; Squad</b>	<b>AGC Squads &amp; Sat Rec Class</b> 9.30 -11.30pm 12.30pm– 4.00pm	<b>Mock comp</b>
<b>11<sup>th</sup> Feb</b>	<b>Girls Club</b> 4.00 – 6.00pm 6.00-9.00pm	<b>Boys 4pm -8pm</b> <b>Girls Club</b> 8-9pm	<b>Squads</b> <b>4-7pm</b> <b>7-9pm coaches training</b>	<b>Girls Club</b> 4.00 & 5.00pm 6.00 & 7-9pm	<b>Girls Club 4pm &amp; Squad</b>	<b>AGC Squads &amp; Sat Rec Class</b> 9.30 -11.30pm 12.30pm– 4.00pm	<b>Mock comp</b> <b>GYMFEST TRAINING</b> <b>10am-3pm</b>
<b>18<sup>th</sup> Feb</b>	<b>Girls Club</b> 4.00 – 6.00pm 6.00-9.00pm <b>Gymfest training 6-9pm</b>	<b>Boys 4pm -8pm</b> <b>Girls Club</b> 8-9pm	<b>Squads</b> 4.00 – 6.00pm 6.00-9.00pm <b>Gymfest training 6-9pm</b>	<b>Girls Club</b> 4.00 & 5.00pm 6.00 & 7-9pm	<b>Girls Club 4pm &amp; Squad</b>	<b>Sat Rec Class</b> 9.30 -11.30pm <b>Scottish Champs</b> <b>No squad training please go &amp; support at Bells.</b>	<b>Scottish Champs</b> <b>No squad training please go &amp; support at Bells.</b>
<b>25<sup>th</sup> Feb</b>	<b>Girls Club</b> 4.00 – 6.00pm 6.00-9.00pm	<b>Boys 4pm -8pm</b> <b>Girls Club</b> 8-9pm	<b>Squads</b> 4.00 – 6.00pm 6.00-9.00pm	<b>Girls Club</b> 4.00 & 5.00pm 6.00 & 7-9pm	<b>Girls Club 4pm &amp; Squad</b>	<b>AGC Squads &amp; Sat Rec Class</b> 9.30 -11.30pm 12.30pm– 4.00pm	
<b>4<sup>th</sup> Mar</b>	<b>Girls Club</b> 4.00 – 6.00pm 6.00-9.00pm	<b>Boys 4pm -8pm</b> <b>Girls Club</b> 8-9pm	<b>Squads</b> 4.00 – 6.00pm 6.00-9.00pm	<b>Girls Club</b> 4.00 & 5.00pm 6.00 & 7-9pm	<b>Girls Club 4pm &amp; Squad</b>	<b>AGC Squads &amp; Sat Rec Class</b> 9.30 -11.30pm 12.30pm– 4.00pm	

Created on 05/03/2019- Please be aware that dates can change and keep an eye on the Master Planner on the notice board in the gym. Holiday training is for squad gymnast that pay monthly. Mock Competitions on Sundays will last approx. 2hours. Fiona will advise the gymnasts the Wed before how long to expect to be in.

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<b>11<sup>th</sup> Mar</b>	<b>Girls Club</b> 4.00 – 6.00pm 6.00-9.00pm	<b>Boys 4pm -8pm</b> <b>Girls Club</b> 8-9pm	<b>Squads</b> 4.00 – 6.00pm 6.00-9.00pm	<b>Girls Club</b> 4.00 & 5.00pm 6.00 & 7-9pm	<b>Girls Club 4pm &amp; Squad</b>	AGC Squads & Sat Rec Class 9.30 -11.30pm 12.30pm– 4.00pm	
<b>18<sup>th</sup> Mar</b>	<b>Girls Club</b> 4.00 – 6.00pm 6.00-9.00pm	<b>Boys 4pm -8pm</b> <b>Girls Club</b> 8-9pm	<b>Squads</b> 4.00 – 6.00pm 6.00-9.00pm	<b>Girls Club</b> 4.00 & 5.00pm 6.00 & 7-9pm	<b>Girls Club 4pm &amp; Squad</b>	AGC Squads & Sat Rec Class 9.30 -11.30pm 12.30pm– 4.00pm <b>Gymfest training 12.30 -4pm</b>	<b>Gymfest training 10am-1pm</b>
<b>25<sup>th</sup> Mar</b>	<b>Girls Club</b> 4.00 – 6.00pm 6.00-9.00pm	<b>Boys 4pm -8pm</b> <b>Girls Club</b> 8-9pm	<b>Squads</b> 4.00 – 6.00pm 6.00-9.00pm <b>Gymfest practice 8-9</b>	<b>Girls Club</b> 4.00 & 5.00pm 6.00 & 7-9pm	<b>Girls Club 4pm &amp; Squad</b>	AGC Squads & Sat Rec Class 9.30 -11.30pm 12.30pm– 4.00pm <b>National 4-1 comp 5-3</b>	<b>National 4-1 comp 5-3</b>
<b>1<sup>st</sup> Apr</b>	<b>Recreational camp 9.30am – 4pm</b> <b>Holiday training 4-7</b>	<b>Recreational camp 9.30am – 4pm</b>	<b>Recreational camp 9.30am – 4pm</b> <b>Holiday training 4-7</b>		<b>Holiday training 9.30-12.30pm</b>	<b>Mock comp Belgium &amp; grades 9.30am</b>	
<b>8<sup>th</sup> Apr</b>	<b>Holiday training 5.30-8.30pm</b>		<b>Holiday training 5.30-8.30pm</b>	<b>Belgium</b>	<b>Belgium</b>	<b>Belgium</b>	<b>Belgium</b>
<b>15<sup>th</sup> Apr</b> <b>Term 4 starts</b>	<b>Girls Club</b> 4.00 – 6.00pm 6.00-9.00pm <b>Gymfest training</b>	<b>Boys 4pm -8pm</b> <b>Girls Club</b> 8-9pm	<b>Squads</b> 4.00 – 6.00pm 6.00-9.00pm <b>Gymfest training</b>	<b>Girls Club</b> 4.00 & 5.00pm 6.00 & 7-9pm	<b>Girls Club 4pm &amp; Squad</b>	AGC Squads & Sat Rec Class 9.30 -11.30pm 12.30pm– 4.00pm <b>Regional grade 4-1</b>	<b>Regional grade 4-1</b>

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