

## Artistry Aesthetic Group Gymnastics – 2022 Timetable As of Feb 2022 – Offered Training Options by Age

Category	Suggested Weekly Hrs	Monday	Wednesday	Friday	Saturday	Sunday Invite Only
Under 4 Yrs	1				10.00–11.00am	
4 - 6 Yrs	1 – 4		4.30-6.30pm	4.30–6.30pm	10.00–11.30am	
6 – 8 Yrs	4 – 8	4.30–6.30pm	4.30-6.30pm	4.30-7.30pm	10.00–12.00pm	
8 – 10 Yrs	6 – 9	4.30–7.30pm	4.30-7.30pm	5.00–8.00pm	10.00–12.00pm	TBC
10 – 12 Yrs	8 – 11	4.30-7.30pm	4.30-7.30pm	5.00–8.00pm	10.00–12.00pm	TBC
12 – 14 Yrs	10 - 11	4.30–7.30pm	4.30-7.30pm	5.00–8.00pm	10.00–12.00pm	TBC
14 + Yrs	10 - 12	4.30-7.30pm	4.30-7.30pm	5.00–8.00pm	10.00–12.00pm	TBC

*Please Note: If you are training in dance or gymnastics elsewhere, you can negotiate your hours with Artistry AGG and the outside training can be considered and applied towards your training hours. Beginners or recreational gymnasts can reduce or extend their training hours in consultation with the Head Coach. The above chart is merely a suggestion...please talk with the Head Coach. We individualise the program and training hours to suit the gymnast and the gymnast's family circumstance and/or wishes. Let us know if you would like to train more hours and therefore progress even faster.*

*Private Lessons are also available at 4pm & 7.30pm Weekdays and 9.30am & 12.00pm Saturdays.*