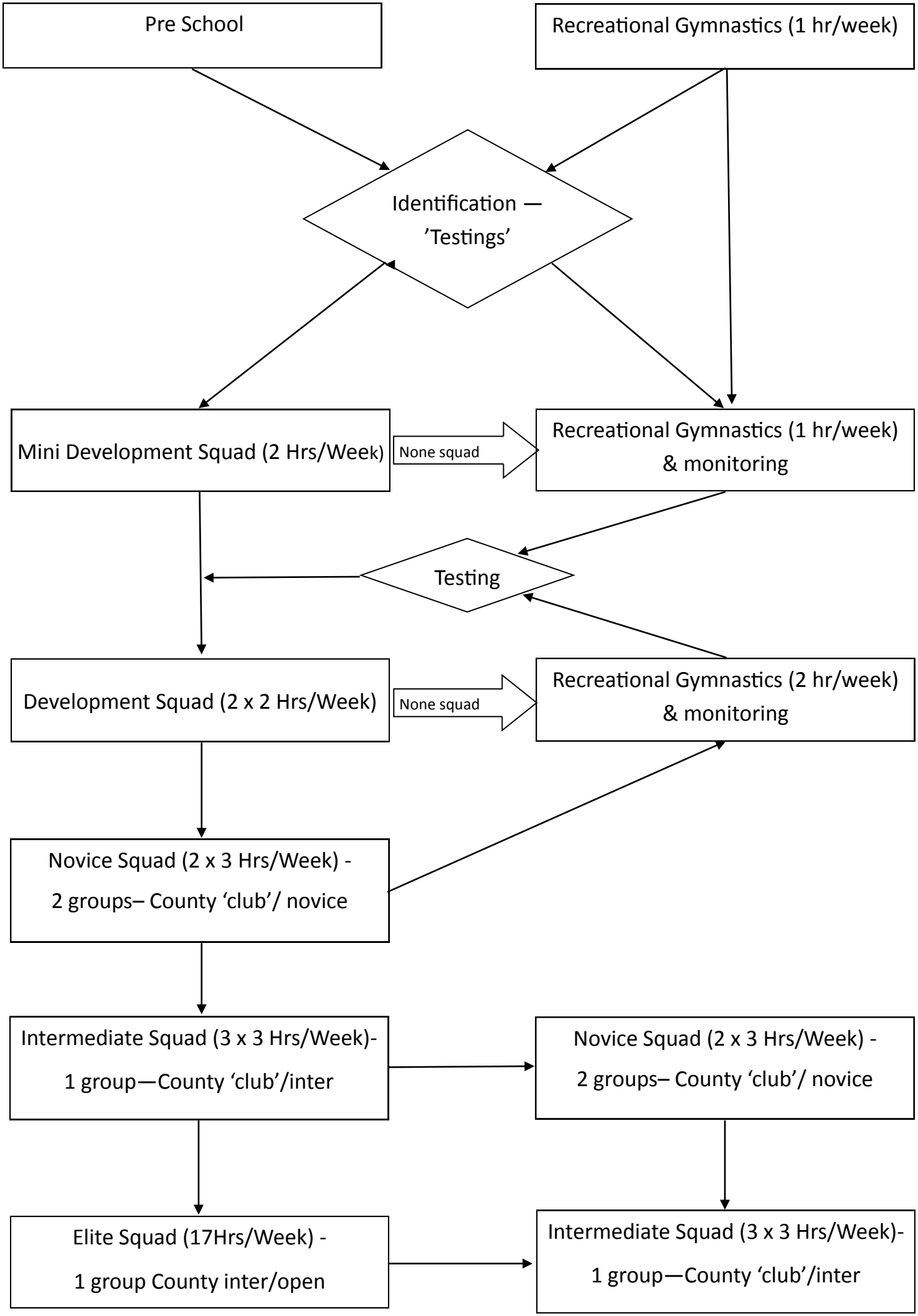
Pre School
Recreational Gymnastics (1 hr/week)
Identification — 'Testings'
Mini Development Squad (2 Hrs/Week)
None squad
Recreational Gymnastics (1 hr/week) & monitoring
Testing
Development Squad (2 x 2 Hrs/Week)
None squad
Recreational Gymnastics (2 hr/week) & monitoring
Novice Squad (2 x 3 Hrs/Week) - 2 groups– County 'club'/ novice
Intermediate Squad (3 x 3 Hrs/Week)- 1 group—County 'club'/inter
Novice Squad (2 x 3 Hrs/Week) - 2 groups– County 'club'/ novice
Elite Squad (17Hrs/Week) - 1 group County inter/open
Intermediate Squad (3 x 3 Hrs/Week)- 1 group—County 'club'/inter