



**WYNLAND
GYMNASTICS**

Wynland Gimnastiekklub / Wynland Gymnastics Club
 DuToitstraat Ontspanningsaal / Du Toit street Recreation Hall, PAARL
 Linda Nieuwoudt (Hoofafriqter/Headcoach & Owner) B.A.(Ed) L.O.
 Tel. +27 21 8634973 Mobile +27 82 5951255
 Email : wynlandgym@gmail.com
 Paul Visser (Seuns Hoofafriqter/ Boys Headcoach)
 Mobile: +27 76 901 3790

GIRLS TRAINING SCHEDULE 2023

LEVEL	DAY & TIME	HOURS PER SESSION	HOURS PER WEEK
GYM MIX			
GYM MIX 1	Fridays 14h15 - 15h15	1 HOUR	1 HOUR
GYM MIX 2	TBC		
PRE-LEVEL			
PRE-LEVEL 1	Tuesdays & Thursdays 14h00 - 15h00	1 HOUR	2 HOURS
PRE-LEVEL 2	Tuesdays & Thursdays 15h00 - 16h00		
PRE-LEVEL 3	Mondays & Wednesdays 15h00 - 16h00		
PRE-LEVEL 4	TBC		
LEVEL 1			
LEVEL 1.1	Tuesdays & Thursdays 14h45 - 16h15	1.5 HOURS	3 HOURS
LEVEL 1.2	Mondays 16h30 - 18h00 & Wednesdays 14h45 - 16h15		
LEVEL 1.3	Tuesdays & Thursdays 16h00 - 17h30		
LEVEL 1.4	Mondays & Wednesdays 13h45 - 15h15		
LEVEL 2 (TRAIN 3 DAYS)			
ALL LEVEL 2	Tuesdays & Thursdays 15h00 - 17h00	2 HOURS	6 HOURS
LEVEL 2 GROUP A	Mondays 15h00 - 17h00 (GROUP A)		
LEVEL 2 GROUP B	Wednesdays 15h00 - 17h00 (GROUP B)		
LEVEL 3 (TRAIN 3 DAYS)			
ALL LEVEL 3	Mondays & Wednesdays 15h00 - 17h00	2 HOURS	6 HOURS
LEVEL 3 GROUP A	Tuesdays 15h00 - 17h00 (GROUP A)		
LEVEL 3 GROUP B	Thursdays 15h00 - 17h00 (GROUP B)		
JUNIOR SQUAD (TRAIN 4 DAYS)			
JUNIOR SQUAD	Monday & Tuesday & Wednesday 15h15 - 17h00	1.75 HOURS	5.25 HOURS
LEVEL 4 (TRAIN 4 DAYS)			
LEVEL 4	Monday to Thursday 16h15 - 19h15	3 HOURS	12 HOURS
5 & 6 (TRAIN 5 DAYS)			
LEVEL 5 & 6	Monday to Thursday 16h15 - 19h15	3 HOURS	15 HOURS
	Friday 14h45 - 17h45		
LEVEL 7+			
LEVEL 7+	Monday to Thursday 16h15 - 19h15	3 HOURS	15 HOURS
	Friday 14h45 - 17h45	3 - 4 HOURS	19+ HOURS
	Saturdays TBC per WHATSAPP		
BOYS TRAINING SCHEDULE 2023			
GYM MIX			
GYM MIX 1	Friday 14h00 - 14h00	1 HOUR	1 HOUR
GYM MIX 2	TBC		
PRE-LEVEL			
PRE-LEVEL 1	Monday & Wednesday 14h30 - 15h30	1 HOUR	2 HOURS
PRE-LEVEL 2	TBC		
COMPETITION BOYS (LEVEL 1-5)			
Level 1 -3	Tuesday & Thursday 14h30 - 16h00	1.5 HOURS	3 HOURS
Level 4+	Monday & Wednesday 14h45 - 16h15		4.5 HOURS
	Friday 14h00 - 15h30		
EXTRA DISCIPLINES 2023			
TUMBLE			
TUMBLE	SATURDAYS 8h00-9h30	1.5 HOURS	1.5 HOURS
ADULTS	TUESDAYS & THURSDAYS 19:00 - 20:15	1.25 HOURS	2.5 HOURS