

2020 LRG Academy & High Performance Timetable & Term Dates



Day	Class	Time	Venue
Monday	Level 5-10 + High Performance	4:00pm—8:00pm	Holy Saviour School, Greenacre
Tuesday	Level 5-10 + High Performance	4:00pm—8:00pm	Holy Saviour School, Greenacre
Thursday	Recreational + Level 1 Level 2 Level 3-4 Level 5-10 + High Performance	4:00pm—5:30pm 4:00pm—6:00pm 4:00pm—7:00pm 4:00pm—8:00pm	Greenacre Community Centre Greenacre Community Centre Holy Saviour School, Greenacre Holy Saviour School, Greenacre
Friday	Level 5-10 + High Performance	4:00pm—8:00pm	Holy Saviour School, Greenacre
Saturday	Recreational + Level 1 Level 2 Level 3-4 Level 5-10 + High Performance	9:00am—10:30am 8:30am—10:30am 8:30am—11:30am 8:30am—12:30pm	Greenacre Community Centre Holy Saviour School, Greenacre Holy Saviour School, Greenacre Holy Saviour School, Greenacre

Term Dates: Recreational, Level 1-2, Level 3-4

TERM 1 – 10 weeks	TERM 2 – 10 weeks	TERM 3 – 10 weeks	TERM 4 – 9 weeks
Sat, 1 Feb–Thurs, 9 Apr	Mon, 27 Apr–Mon, 7 Jul	Mon, 20 Jul–Sat, 26 Sep	Mon, 12 Oct–Sat, 12 Dec

Term Dates: Level 5-10 + Elite

TERM 1 – 11 weeks	TERM 2 – 11 weeks	TERM 3 – 11 weeks	TERM 4 – 11 weeks
Tues, 28 Jan–Thurs, 9 Apr Holiday Training 6-25 Jan Makeup lessons Fri 17 April for Fri 10 April Public Holiday Sat 18 April for Sat 11 April Public Holiday Mon 20 April for Mon 13 April Public Holiday	Mon, 27 Apr–Mon, 13 Jul	Mon, 20 Jul–Sat, 3 Oct	Thurs, 8 Oct–Wed, 23 Dec

FAQs

What to Wear?

Gymnasts need to wear tight-fitting clothes e.g. leotard and tights, black is the preferred colour and no shoes are required. Socks can be worn and hair tied neatly. Training attire can be purchased from Bloch, Kmart, Target or a similar retailer.

What else is required for the class?

Gymnasts can pack a light snack and water bottle to bring to class.

All Rhythmic Gymnastics apparatus is supplied for the Recreational and Level 1 & 2 classes and the coaching staff will advise higher levels gymnasts of the apparatus requirements for their level.

Locations

Holy Saviour School

80 Waterloo Rd, Greenacre NSW

Greenacre Community Centre

87 Waterloo Rd, Greenacre NSW