

## WOKING GYMNASTICS CLUB BOYS SQUAD STRUCTURE

KINDERGYM/MICRO  
GYM/RECREATIONAL



DEVELOPMENT GROUP TRIAL

2 HOURS PER WEEK  
5 – 7 YEARS  
NON COMPETITIVE  
CLUB CHAMPIONSHIPS



DEVELOPMENT GROUP  
6/8 HOURS PER WEEK  
5 – 8 YEARS  
NON COMPETITIVE  
CLUB CHAMPIONSHIPS



MINI SQUAD  
11 HOURS PER WEEK  
6 – 8 YEARS  
REGIONAL/NATIONAL  
COMPETITIONS



MINI SQUAD  
15 HOURS PER WEEK  
6 – 8 YEARS  
REGIONAL/NATIONAL  
COMPETITIONS



MAIN SQUAD  
22.5 HOURS PER WEEK  
8 YEARS +  
REGIONAL/NATIONAL  
COMPETITIONS



MAIN SQUAD  
20 HOURS PER WEEK  
8 YEARS +  
REGIONAL/NATIONAL  
COMPETITIONS



MAIN SQUAD  
27 HOURS PER WEEK  
8 YEARS +  
REGIONAL/NATIONAL  
COMPETITIONS