

Important information Girls Competitive Program - Palestre Aylmer

Training:

- Registration is annual, including the mandatory summer period. The gymnastics season runs from September to August, including 2 weeks of vacation at your discretion during the summer.
- Competitive gymnasts start between 6 and 10 hours of training per week for the first year of training (classes combining weekday evenings and weekend days during the school year) (weekday classes only during the summer, combining day and/or evening classes). Weekday classes start around 4:30 or 5 p.m. during the school year.
- Once they have reached a certain level, they will train 10 or 14 hours + per week for the entire year. From their 2nd year in the competitive program, we require a minimum of 3 training sessions per week.
- The regular training schedule is at the Aylmer palestra. Occasional training sessions may be held at the Centre Sportif de Gatineau.

Competitions:

- Gymnasts start at the regional level. Evaluations (Challenge program for 2018-20172016) and competitions (program for 2015 and before) will take place in the Outaouais region (Gatineau, Aylmer, Buckingham or Papineauville). There are 3 mandatory evaluations/competitions per year.

Annual cost 2022-2023 (*cost under review for 2023-2024):

- 6h / week: \$114.58 per month, payable every 20th of the month.
- 7h / week: \$130.61 per month, payable every 20th of the month.
- 10h / week: \$172.17 per month, payable every 20th of the month.
- Membership (at start only): \$48, \$55 or \$70 (depending on category) payable once a year at start.

Other costs to be anticipated during the year:

- Competition clothing: jersey \$145, coat \$85, pants \$40, bag \$20 or \$40 depending on your choice of model. All mandatory, order in October.
- Competition entry fees: \$50 to \$80 per competition, 3 competitions per year
- Bar gloves: \$70 (for 2015 and older only)

If you have any questions, please don't hesitate to contact us!

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