

ISB Gymnastics Options - Spring 2012

Option #	Days	Times	Hours/Week	Weeks	Cost (THB)
1M	Monday	2:15 - 3:15	1	19	3800
1F	Friday	2:15 - 3:15	1	18	3600
2.5M*	Monday	3:30 - 6:00	2.5	19	9500
2T	Tuesday	3:30 - 5:30	2	20	8000
2Th	Thursday	3:30 - 5:30	2	20	8000
2F	Friday	3:30 - 5:30	2	18	7200

*** This practice is only for those gymnasts chosen by the coaches for more advanced training.**

1) Monday and Friday 1 hour practices are for 7 and under non-competitive gymnasts.

2) Recommended practice hours for competitive gymnasts are:

Level 1: 2 hrs/wk or more; 1-2 days/wk

Level 2: 4 hrs/wk ; 2 days/wk or more

Level 3+: 4+ hrs/wk; 3 days/wk or more

The above are recommendations only. More information available from coaches.

3) Multiple practice options may be selected, i.e. 2T and 2F.

4) Additional training days are available at Thai-Japanese Gymnasium in Din Daeng.

Coordinate extra training days with coaches. Extra costs apply and should be paid directly to the coaches.