

Understanding our Annual Plan

Dates shown are *Week Beginning*

W1 = Session Timetable - *Week One*, W2 = Session Timetable - *Week Two*
(These can be found on site on request and on our website)

B = Badge Work, JNB Award Scheme

The range of colours represent the changes in training phases, the key to these can be found at the bottom
On the 'Regular Session Break' weeks the normal programme does not run but we run Holiday Club and SuperBounce and Mum, Dad & Me sessions

September				October				November				December				January				February							
4 th	11 th	18 th	25 th	2 nd	9 th	16 th	23 rd	JNB Halloween Party Sun 29 th	30 th	6 th	13 th	20 th	27 th	4 th	11 th	Xmas Pjama Party Sun 17 th	18 th	25 th	1 st	8 th	15 th	22 nd	29 th	5 th	12 th	19 th	26 th
W1	W2	W1	W2	W1	W2	W1	W2	Half Term Break		W1	W2	W1	W2	W1	W2	PLAY WEEK	Xmas Break	Xmas Break		W1	W2	W1	W2	W1	Half Term Break	W2	W1
March				April				May				June				July				August							
4 th	11 th	JNB Comp Sat 16 th & Sun 17 th	18 th	25 th	1 st	8 th	15 th	22 nd	29 th	6 th	13 th	20 th	27 th	3 rd	10 th	17 th	Show case Sun 23 rd	24 th	1 st	8 th	15 th	22 nd	29 th	5 th	12 th	19 th	26 th
W2	Final Prep		W2	PLAY WEEK	Easter Break	W1	W2	W1	W2	W1	Half Term Break		W2	W1	W2		Final Prep	W2	W1	W2	W1	W2	W1	PLAY WEEK	Summer Break	Summer Break	

Colour Key – TRAINING PHASES:

General Preparation and Skill Development	Academy Event	JNB Showcase Routines	JNB Championships Routines
Play and Games Session	Structured Session Break, MUM DAD & ME OPEN & GYM, CHEER AND DANCE HOLIDAY CLUB		JNB Award Scheme Focus Week

Important notes: This is a minimum 41 to maximum 43 week year timetable. The grey weeks are the weeks the regular sessions do not run but we run Gym, Dance and Cheer Holiday Club TBA and Mum, Dad & Me and SuperBounce sessions run. In addition, we will be closed on **all** Bank Holidays, including those which fall within our 'regular' weeks, which are, Good Friday 29th March, and Spring Bank Holiday Monday 6th May.

