



Brentwood Gymnastics Club



We hope you have all had a safe and happy Easter weekend!

The school term has started, but unfortunately, due to the restrictions still in place, Brentwood Gymnastics Club is unable to run classes at this stage.

The Committee of BGC continue to seek and follow the advice of the Governing bodies (such as the State and Federal Governments, Gymnastics Victoria and the Monash Council) and will notify parents when new information becomes available.

While we are unable to run classes, we will be posting activities and challenges on our **Facebook** page that gymnasts and their families can do at home. Our coaching team encourage the gymnasts to keep up with their fitness and would love to see you all following along. Don't forget to "like" our page and send us photos of your children (or yourselves) practicing the activities!

We hope you all continue to stay safe and look forward to seeing you all at the gym soon!





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CAN YOU NAME THESE GYMNASTICS SHAPES?



Holding these shapes is a great way to safely practice Gymnastics at home. Our coaching team encourage the gymnasts to practice holding these shapes for 30 seconds every day! Make sure you stretch first and have plenty of room.

Don't forget to send us a photo of gymnasts, parents or the whole family holding these shapes!

649 Ferntree Gully Road, GLEN WAVERLEY VIC 3150
PO Box 5081, BRANDON PARK VIC 3150
Email: headcoach@brentwoodgymnasticsclub.com.au
Tel: 0466 575 120
www.brentwoodgymnasticsclub.com.au



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