



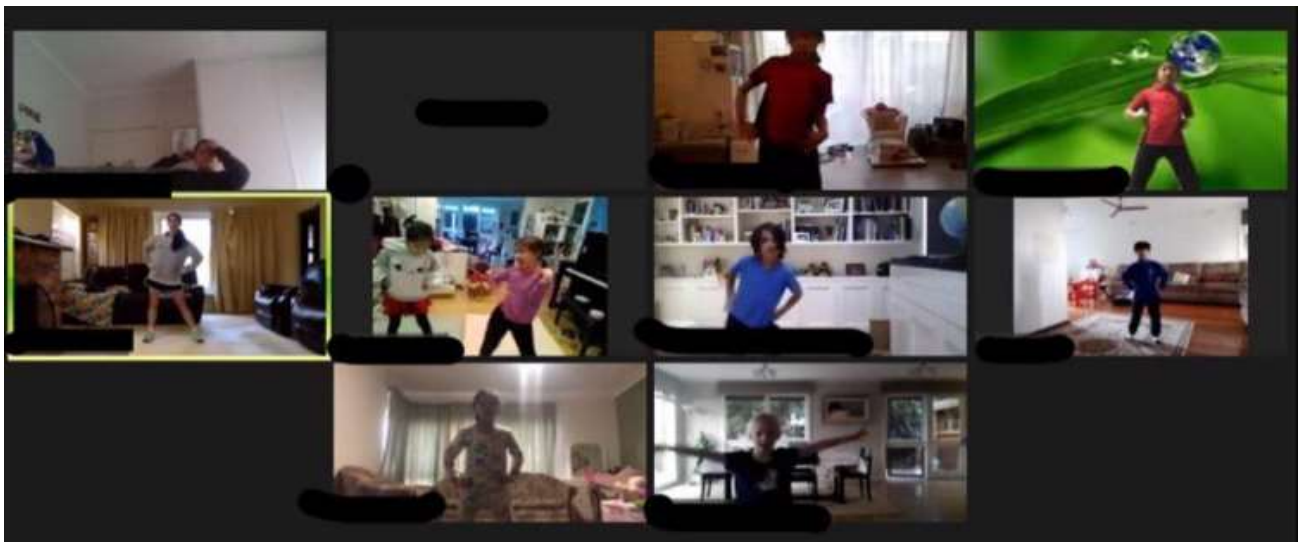
Brentwood Gymnastics Club

TERM 3 NEWSLETTER

Unfortunately we are in Lockdown 2.0 and it will be a much harder pill to swallow than the first time around. Just days ago we were readying for the resumption of classes at the Centre next week. How things have quickly changed

But during the lockdown, Brentwood Gymnastics Club will again continue to run our **FREE Online Gymnastics Classes** through Zoom!

These classes are fun, exciting, and interactive and are hosted by members of the BGC coaching team. Session activities include gymnastics skills, stretches, strength exercises, challenges, and games!



Hosted by our coaching team, the sessions will be run on Monday, Wednesday and Friday nights and invitations will be emailed to all BGC gymnasts. The class times follow:



Brentwood Gymnastics Club

	Monday	Wednesday	Friday
Junior 4:30 – 5:00	Lexie Ally	Amber Mahi	Joshua Freida
Senior 5:30 – 6:00	Dana Gracyn	James	Chelsey Zoe

Our Zoom program is a great way to stay active and connected with the coaches and other gymnasts



We encourage all gymnasts to join in the fun and look forward to seeing you all there!



It is FREE, so why not come along and have some “fitness fun”





Brentwood Gymnastics Club

SOME IMPORTANT INFORMATION FOR PARENTS:

Zoom invitations will be sent to all BGC gymnasts commencing Monday and the Head Coach will record attendances at each session. When a new BGC gymnast participates in a session for the first time a Zoom consent form will be sent to the parent to be completed and returned prior to the next class. Session invitations are sent to parents the morning of the class. Keep an eye on your Inbox as session details will change depending on the coach for the session. Each coach has their own unique room ID and password.

Please make sure your child is wearing appropriate gymnastics attire and has a water bottle with them. Also ensure that your child has plenty of room and, where possible, have a parent present.

If you would like any further information about these classes, please contact our Head Coach - headcoach@brentwoodgymnasticsclub.com.au

If your child would like to “**bring a friend**” along to a Zoom session they will need to complete a special registration which acknowledges the risks associated with gymnastics. Hopefully they will enjoy the experience and join BGC. Please contact our Head Coach for the form - headcoach@brentwoodgymnasticsclub.com.au

For up-to-date health information, visit the [COVID-19 information hub](#) established by the **Victorian Department of Health and Human Services**.

Also visit this [Link](#) for a status from the **Federal Government**.

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