



# Brentwood Gymnastics Club

## TERM 4, 2021 NEWSLETTER

Hi All,

Welcome back for Term 4 at BGC.

Whilst Term 3 2021 didn't turn out the way we would have liked, there is light at the end of the lockdown tunnel. This week we saw our northern neighbours open their doors (well slightly ajar) and return to some of the freedoms we Victorians want so much. The Delta version of COVID took many by surprise, however science will win in the end if we choose to trust it. As a trained scientist myself, I understand what truly amazing it is to see what humans can do with their minds to try and quell a common foe.

Our coaches are doing their best to provide fun ZOOM classes, which are **FREE** to our gymnasts, that will continue until further notice and I thank them for their outstanding efforts.

The Club wants to provide the safest environment for gymnasts, coaches, parents, aunts, uncles and grandparents and we encourage those who are eligible and medically advised as safe for the COVID19 vaccine, to please get vaccinated to help keep your Club and community safe. We remain hopeful that face-to-face classes can resume early in November on the advice from the Government, our governing body (Gymnastics Victoria) and facility operator, Monash Council. We will advise you all of the dates and details at the earliest time possible.

Hoping to see you all in the gym in November.

**Rob Notman**

President

**PS:** As of 13<sup>th</sup> October, **gymnastics coaches** have now been included by the Victorian Department of Health as **Authorised Workers** and subject to vaccination requirements.

<https://www.coronavirus.vic.gov.au/information-workers-required-be-vaccinated>





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## FROM IN THE GYM ...

While we were hopeful that things would be different this year, we very quickly became aware that this would not be the case as exposure sites and case numbers began to rise.

We entered another 2021 lockdown in July and, while we are all familiar with the routine of having to stay and work from home, it doesn't get any easier and we acknowledge the impact the ongoing situation is having on families.

During the lockdowns this year, we relaunched our **FREE BGC Zoom program**, which we continued for the duration of the centre closures.

These classes are a great way to not only keep fit and flexible while we are staying at home, but also to interact and stay connected with the BGC gymnasts and coaches.

So far, we have had 49 gymnasts sign up for the Zoom sessions and it has been fantastic to see you all joining in and having fun.

We have included music, props and themes within the lessons, including our fun Footy Finals classes during the last week of Term 3, where gymnasts and coaches dressed up in their favourite team's colours.

During Term 3, we also followed along with the Summer Olympics held in Tokyo, where Australia won 46 medals ! In the Zoom classes, we all enjoyed talking about the amazing Gymnastics routines that we saw, as well as making up our own mini routines to perform during the lessons. Well done to all the incredible athletes who competed at the Olympics !

On behalf of myself and our coaching team, we sincerely thank all the gymnasts for their attendance and hard work during the **FREE** Zoom program.

We have even more fun and exciting lessons planned for Term 4 and look forward to you joining in the classes.

We miss seeing all your smiling faces in person and hope to see you all back at the Gym very soon.

Stay safe everyone ! 😊

### ZOOM SESSION BONUS DRAW

Join in the **FREE** Zoom sessions for your chance to win a **\$50 REBEL voucher** each week. **One for Junior attendance, one for seniors. One chance for each time you attend a session during the week.**

**Drawn Saturdays while ZOOM Sessions run. Winners advised.**



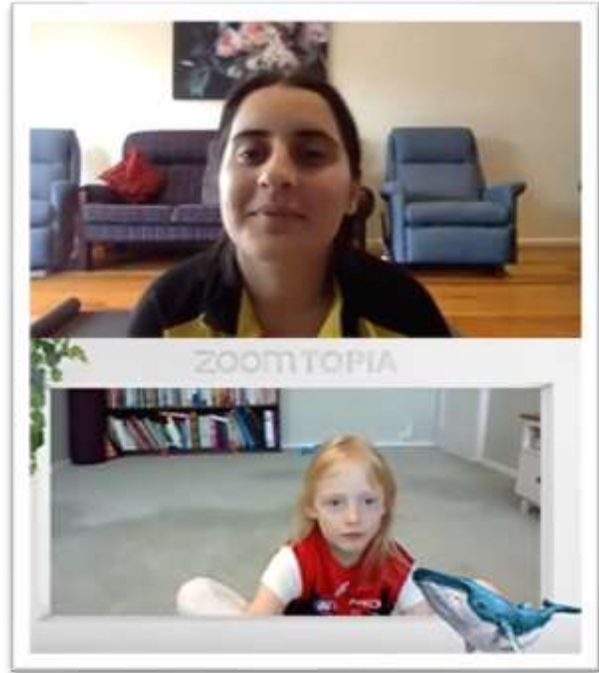
# Brentwood Gymnastics Club

**Amber**

*Head Coach*

**Brentwood Gymnastics Club**

*Mobile: 0466 575 120*



*Our Footy Finals Zoom Classes – Go Dees 😊*

## Term 4 Fees

The current lockdown has now extended over Term 3 and Term 4. As we entered Term 3 invoices were issued and payments made but onsite classes had to be cancelled due to the lockdown. Our intention had been to credit unused Term 3 fees against Term 4 and calculate any variance.

At this time the Committee have adopted a “wait & see” approach to understand when we will come out of lockdown and resume classes at the Centre and understand how many weeks we will have onsite classes for Term 4. We will keep you posted and adjust fees accordingly.



# Brentwood Gymnastics Club

KidzIn2Gym ... A Reminder About These Classes  
Subject to Resumption When Lockdown Lifts

## EXCITING NEWS

### New KidzIn2Gym Program

[Click here for full details](#)

A gymnastics program designed with the little ones in mind.

Brentwood's **KidzIn2Gym** classes provide endless opportunities for children to learn, play, develop and explore in an environment that is safe, stimulating and **FUN**. Research shows that children learn best by exploring and discovering their abilities through physical activity. Our qualified gymnastics coaches emphasize the excitement of learning and, with just the right amount of success and challenge, we encourage children to discover that hard work is rewarding, and learning is fun !

Our **KidzIn2Gym** program is divided into development stage-based classes. Parent participation is compulsory for our "**Wiggler**" classes and each child has their own adult to accompany them. Our "**Kindy**" classes are more independent but still involve parents/guardians. It is important for children to enrol in a developmentally appropriate class to ensure they experience the right amount of challenge and success.

Here's how our **KidzIn2Gym** classes are structured:

- Free exploration and guided discovery
- Group time including brain building activities like cross-patterning, gross and fine motor skills and gymnastic shapes
- Gymnastics circuits incorporating important fundamental movement skills like climbing, crawling, jumping, rolling, swinging, balancing, throwing and catching.

Our **KidzIn2Gym** classes are professionally developed to ensure that each station and activity is purposeful. Activities regularly change to provide a stimulating and exciting experience. We focus on gymnastic skills, fundamental movement skills, cross-patterning, brain development exercises and more.



We're excited ! 😊



# Brentwood Gymnastics Club

[www.brentwoodgymnasticsclub.com.au/classes](http://www.brentwoodgymnasticsclub.com.au/classes)



## AVAILABLE GRANTS

### A further reminder .....

#### ***Get Active Kids Voucher Program***

The **Get Active Kids Vouchers Program** is back for a third round and will continue to help families doing it tough to pay for sporting memberships and registration fees, uniforms and equipment.

GV successfully advocated for changes to criteria so that vouchers can be used for Babygym and KinderGym. Participant age eligibility has now been expanded to 0-18 years.

Applications are open now and will **close at 5pm on Tuesday 30 November**. A reminder that to be eligible children must be Victorian residents, aged 18 and under and named on a valid Health Care Card or Pensioner Concession Card, as well as a Medicare card.

This is an opportunity to obtain a grant where financial pressure exists.

[Click here](#) for further information of the program





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## PARENT'S HANDBOOK ...

BGC's Parent's Handbook has been mentioned in recent newsletters and the recent First Aid course reinforces the importance of some of the Club's policies and procedures, namely those associated with

- Concussion Policy
- Injury Procedures
- Medications & Medical Conditions
- Occupational Health & Safety
- Incidents and Accident Forms

The Club is currently preparing a **COVID Vaccination Policy** and is awaiting final directives from the Government, Gymnastics Victoria and Monash Council so that the Committee can formulate an appropriate Policy, taking into consideration Child Safety, the need for a Duty of Care and the risks associated with managing the Covid virus. Once finalised, this Policy will be distributed to all parents.

Please take the time to check these Policies & Procedures.

[Click here to access the BGC Policy & Procedures Handbook](#)



## Let's not forget the virus is still with us .....

Remember, register on entry to the gym with your **QR code reader** or sign in. Based on Government directives concerning vaccination requirements we will have a special **COVID Marshall** checking vaccination status (subject to guidelines) and managing entry to the Centre once we reopen. Be vaccinated. Maintain social distancing. Sanitising. Wear a mask unless doing gym activities.





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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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