



# Brentwood Gymnastics Club

## TERM 4 NEWSLETTER

It is the middle of Spring, the weather is getting warmer and it is lovely to see so many families going for walks and exercising in the fresh air. More importantly, the children are back at school and the restrictions are being eased. We can drive further and have more family members in our home. Soon shops will be open again. Hopefully, in November we can return to classes in the gym 😊

We are continuing to run our **FREE BGC ZOOM PROGRAM** and the coaching team have been happy to see so many of our gymnasts participating in the sessions each week. We have even welcomed several trial gymnasts, as well as friends and family members who have also joined our classes.



We had a fantastic response to the **'Bring A Parent'** week held last month. It was great to see so many parents and siblings joining in the sessions. We hope you enjoyed the classes !

The coaching team are having so much fun in the Zoom sessions every week and we would love to hear your feedback about the classes.

	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



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## EXCITING NEWS

This week, our Zoom program will have a 'Halloween Dress Up' theme.

This means, as we head into Halloween, on **Monday October 26, Wednesday October 28, and Friday October 30**, gymnasts are invited to dress up during the classes for some Halloween fun.

Costumes must be appropriate for the classes and gymnasts must ensure they can move around and exercise while wearing them. Please see the 'Halloween Dress Up' information email for further details.

And if gymnasts would like to suggest a skill or activity that they would like to do, please let us know during the sessions, or send us an email.

If you have any questions, or have a friend or family member who is interested in joining the **FREE BGC ZOOM CLASSES**, please do not hesitate to contact the Amber, the Head Coach.

***The classes are FREE, so why not come along and have some "fitness fun"***



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### A QUICK UPDATE FROM THE PRESIDENT ....

**Hello everyone.**

The COVID-19 situation continues to play havoc with everyone's lives although there is a ray of sunshine as some of the metropolitan restrictions are being eased.

The virus has had big impact on everyone's lives and from a BGC point of view we have managed to maintain an offering for the children, something to maintain fitness and flexibility while at the same time maintaining engagement with them in a novel manner by having the **FREE ZOOM** classes. Our coaches have done a magnificent job in developing varied programs and maintaining interest and connection will all involved. Our thanks go to all of them, and our Head Coach, Amber, for all the work she puts in behind the scenes bringing these sessions to fruition. Our thanks also extends to you (the families) for your support in attending the Zoom classes and



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maintaining the club community spirit in these toughest of times.

It is likely to be November before we can re-enter the gym. Dates remain unknown and dependent upon the government lifting the restrictions and then Monash Council opening up the Centre for use.

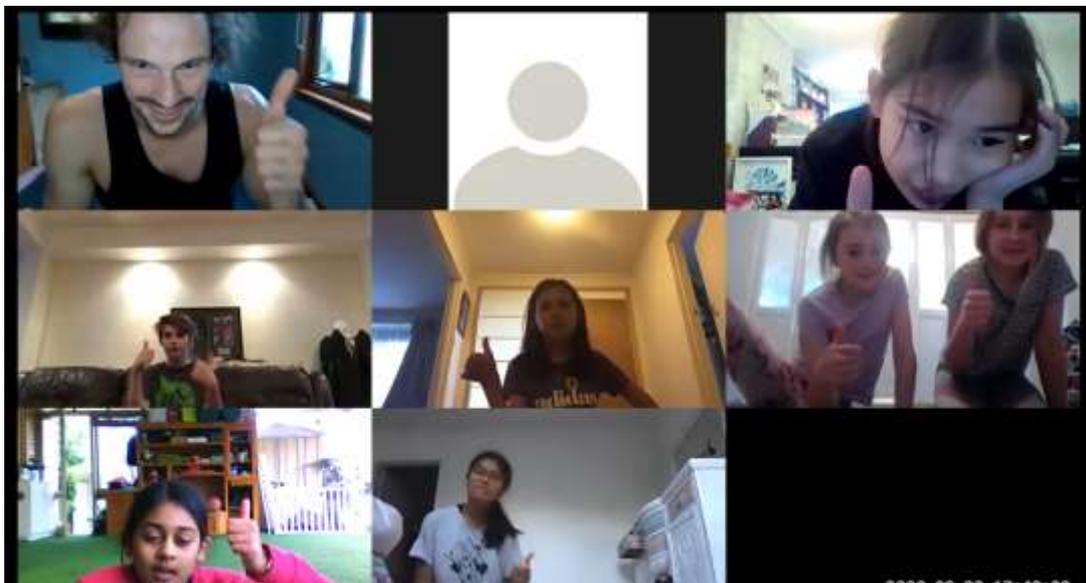
Our plans are in place for a resumption of classes. We have developed policies to support the resumption, including communications with parents, arrival registration & COVID questionnaire, temperature checking, maximum class numbers, social distancing practices, sanitisation stations and masks.

We look forward to seeing your smiling faces once again now in a COVID safe environment and back in person among the BGC community.



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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649 Ferntree Gully Road, GLEN WAVERLEY VIC 3150  
PO Box 5081, BRANDON PARK VIC 3150  
**Email:** [headcoach@brentwoodgymnasticsclub.com.au](mailto:headcoach@brentwoodgymnasticsclub.com.au)  
**Tel:** 0466 575 120  
[www.brentwoodgymnasticsclub.com.au](http://www.brentwoodgymnasticsclub.com.au)



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