

## - IMPORTANT HEALTH AND WELLBEING MESSAGE -

This message goes out to our valued Energetic Gymnastics community.

A community that has supported us since we opened for business in January 2012.

A community made up of those we call friends, and family.

A community that we enjoy spending time with every day and every week.

A community that comes together for fun and friendships.

A community that works together to help future generations achieve their potential.

A community that values and protects children.

A community that understands and believes in the benefits of gymnastics.

The time has come for us to close our doors.

It is with great concern that we watch what is happening in the world around us.

We know that closing our doors is the right thing to do.

We also know that our doors will open again and we look forward to when this day comes.

We look forward to seeing our Energetic Gymnastics community again.

We look forward to providing a place where children can feel safe, move their bodies and develop their minds.

We look forward to providing a place where parents and families can socialise.

We look forward to providing a place for our staff to work and share their talents.

In the meantime, we will stay connected online and do what we can to keep our business viable behind the scenes.

We will do what we can to provide resources and tips for parents and create opportunities for children to stay active and engaged with gymnastics.

As we brace ourselves for what may lie ahead Alistair and I will now spend our time at home with our three children, Kate, William and Ben. We hope to create an environment where they can continue to learn and progress with their school work. We will support them to stay physically active and we will try to create as much routine as we can for them during a time where there is so much uncertainty. We will help them to learn about the impact of the coronavirus pandemic in a way that is age-appropriate and in a way that educates them about the lessons we are all learning and, at the same time, protects them from the confronting devastation we are seeing in our news feeds. Most importantly, for their benefit and for ours, we will spend time with them to show them our love and teach them about the importance of family.

We hope that our wonderful Energetic Gymnastics community can stay healthy and well in the weeks and months ahead.

Thanks for your support over the years and please take care.

Elise Edgar  
**Head Coach**

**5174 0131**

[info@energeticgym.com.au](mailto:info@energeticgym.com.au)

[www.energeticgym.com.au](http://www.energeticgym.com.au)