

## - GYMNASTICS CLASSES ARE BACK -

Dear Energetic Families,

We hope that you are all in good health and have enjoyed the recent opportunity to reconnect with your extended family and friends. It feels like a long time since we had to close our doors. We have really missed seeing everyone's happy faces participating in gymnastics. Fortunately, lockdown is coming to an end and we have a reopening date to look forward to!

### **Gymnastics outdoors is up and running and more places are now available.**

Last week we launched our outdoor gymnastics classes and they filled very quickly. We are pleased to let you know that some extra places have opened up. These classes are held during daylight hours after school 4.00- 5.00pm.

Outdoor classes are a great reason to leave the house, see other people and have time away from the screen! In our outdoor classes children and teenagers can reconnect and get their bodies moving under the instruction of our qualified gymnastics coaches. Every class has a variety of general and gymnastics specific strength, fitness and flexibility exercises. Plus, some fun games and challenges that can be done from a safe distance.

We have had perfect weather every training session so far and the children and coaches have loved the sessions. To book in or request an information pack please send an email to [info@energeticgym.com.au](mailto:info@energeticgym.com.au), send us a direct message on Facebook or leave a voicemail at **5174 0131**.

### **Our facility will officially reopen on Monday 22 June.**

We are so excited to share that the government has said that indoor gymnastics classes can run again from Monday 22 June. We will be reopening our facility and launching a brand new class timetable to create enough places to accommodate all of our members, in line with the government limitations on how many people we can have inside at the same time. In order to achieve this we will need to reduce the number of training hours across the entire program to give everyone a chance to participate. Our new timetable will be released very soon, along with details about how you can enrol. Places will be limited and we do expect classes to fill fast, so please be ready to book online as soon as we open the enrolment system.

### **Events and competitions for gymnasts to work towards.**

More good news....we have made the decision to work towards some competitions for our Squad Gym members and to run our annual club celebration the Energetic Spectacular! We know how difficult the last few months have been for many children, their families and the local community. We feel that it is important to give everyone something to work towards and to give our competitive gymnasts the chance to perform their skills and routines.

We have been in discussions with other Gippsland gymnastics clubs and the plan is for competitions to go ahead for our Squad Gym program. Competition dates will be pushed back towards the end of the year to give everyone time to get ready. We are hoping that Gymnastics Victoria will also offer some competition opportunities later in the year, however this has not yet been decided.

Below is a list of tentative dates to look forward to. We will let you know if more events and activities become available. All dates are to be confirmed.

- Level 1-10 Gippsland Invitational 12 and 13 September
- Level 1-10 Gippsland Championships 14 and 15 November
- Gymnastics Victoria may offer some events in late October / early November.
- Energetic Spectacular Sunday 6 December

Obviously, the format for competitions and community events will need to be different and we expect there will be government guidelines about how these activities will run. We will be sure to comply with all of this and plan accordingly. In the meantime however, we wanted to share this important news with you and our dedicated gymnasts as we know how much it will mean to everyone.

### **Thanks for supporting our club and local business!**

It is a difficult time for many small businesses and families. At Energetic Gymnastics we are doing all that we can to survive the impact of the COVID-19 crisis. Our goal is to get through these challenging times so that children can continue to enjoy and benefit from gymnastics.

We have a small and dedicated team that has been able to access the Job Keeper program which is in place until the end of September. We have recently gained support from our landlord for a small amount of rent relief on our facility for a period of time, which will ease some of the pressure on our business.

We want to send a note of thanks to our members. Your continued support means that we can continue to do what we love and deliver on our commitment to providing a service to our community.

We believe that now, more than ever, children of all ages and abilities can benefit greatly from what gymnastics has to offer and we look forward to seeing you back in the gym very soon.

If you have any questions please feel free to call us on **5174 0131** (we are still working from home but if you leave a message it will come through to us and we will call you back). You can also email or send us a direct message on Facebook.

Kind Regards,

Elise Edgar

**Head Coach**

**5174 0131**

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

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

The logo for Energetic Gymnastics features the word "Energetic" in a large, orange, cursive script font. Below it, the word "GYMNASTICS" is written in a smaller, orange, all-caps sans-serif font, with a horizontal line separating the two words.