YMCA Caloundra - Gymnastics
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“Begin Here – Achieve Everywhere”

OFFICE OPENING HOURS

Staying in touch with our wonderful members during our centre’s temporary closure.

► Send in appropriate photos of our members staying active & fit! Inspire & be inspired.
► We are so excited about re-opening! We will go to PHASE 2 re-opening on June 15th, See over for more detail.
► We would like to stay in touch with everyone with some easy, fun, fitness activities you can do at home. We’ve included the STEP’s warmup in NOTA 5 and NOTA 8, as well as the videos of warm-ups and other exercises are highlighted on our Facebook page.

What’s been happening? FREE on-line classes; senior’s workouts on-line; videos on Facebook;

Gymnastics Queensland 29 May at 00:33 ·
Welcome to Episode 8 of our Fitter for Life Friday’s! This week Katie is bringing you a Brain Challenge! Check this one out and let us know how you go 😎😎!

Join us over a series of workouts focused on developing and improving strength, balance, flexibility and co-ordination for our adults over 50s. Go to: #FitterForLifeGymnastics

VIDEOs of warm-ups and other exercises will be posted each week on our Facebook page. Use these to help stay active and gymnastics fit!

https://www.facebook.com/ymcacaloundra/

FREE
On-Line (ZOOM) classes have now finished Thank you to everyone who participated we had fun we hope you did too!

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We hope you have all been well in this pause to many of our regular activities. While we will see members on-line and some from Mon 15th June. After that, we look forward seeing all our supper’ members back in school Term 3, 2020.

**Phases of OPENING** - Movement to next Phase is dependent on the success of biosecurity of current phase

<table>
<thead>
<tr>
<th>Phase</th>
<th>Dates</th>
<th>Activities</th>
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| PHASE 1 – 15May -12 June | 2 weeks of on-line classes | • Staff training in Covid-19 safety procedures  
• Assess and prepare venues for Phase 2 opening  
• FREE On-line training for STEPs and Team members  
• Survey members |
| PHASE 2 – 15 June – 27 June | 2 weeks of classes for Teams, Seniors, STEP 6 & STEP 7 | • Implement all safety procedures  
• 20 persons in venue per class slot  
• Teams classes, Seniors, STEP 7, STEP 6 classes  
• No spectators, Gymnasts only  
• Assess covid-19 safety precautions & venue protocols |
| PHASE 3 – 13 July TERM 3, 2020 | Open to all classes for a 10-week term | • Classes resumes with all covid-19 safety procedures  
• Limited time table to begin with  
• Looking forward to welcoming our members back in our venue |

*Begin here – Achieve Everywhere..........Getting back to Gymnastics helps you become:*

- Better co-ordinated
- More agile
- A strong independent mover
- Great at physical skills everywhere

**AND this helps you become...**

A better thinker, reader and student!