

NOVEMBER 6TH 2020 | ISSUE 15

# GYMNASTICS NOW @ BTYC

WEEKLY UPDATES IN THE WORLD OF BTYC GYMNASTICS

## INDOOR AND OUTDOOR CLASSES AT BTYC

BOOKINGS  
NOW OPEN



**Covid safe classes**

**Limited numbers**

**Bookings through the customer portal.**

**Book early to avoid missing out!**

CLICK BELOW to view and book a class  
<https://app.iclasspro.com/portal/btycgymnastics/dashboard>



## WAG

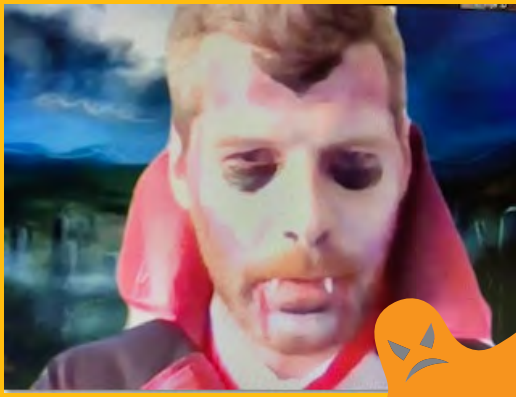
WOMENS ARTISTIC GYMNASTICS

It is an exciting week at BTYC with outdoor sessions starting. Some of our intermediate and above girls had their first session on Wednesday and safe to say they had a blast. They were all so excited to see each other and us coaches had just as much fun finally coaching a 3D athlete. I cant wait for you all to enjoy this experience on Saturday and to see our first classes return in doors on Monday.

This weeks class of the week are our Beginners. These girls continue to surprise us everyweek with their new and improved skills. Congratulation Beginners.





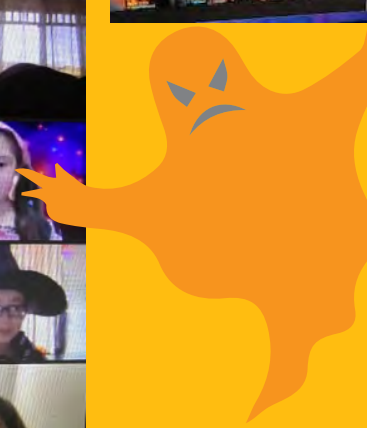
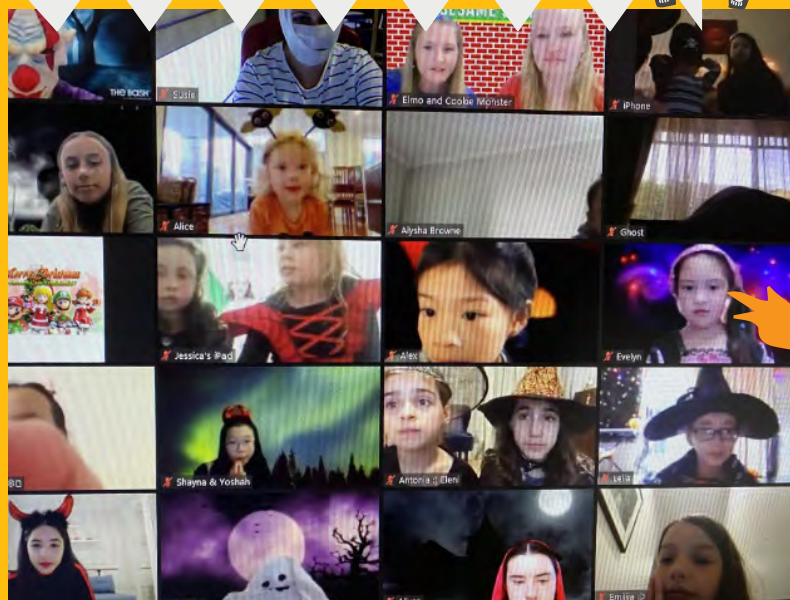


HAPPY HALLOWEEN

A spooky night of fun was had at our BTYC Halloween Spooktacular on Saturday 31st October.

Many brave ghosts, witches, vampires and scary looking people dared to attend. The night was filled with dancing, games, awesome costumes and Halloween jokes.

Thank you to everyone who joined in the fun!





# Kindergym

Outdoor classes are running this week!

It has been great to see all our little gymnasts! We are so happy to see all the enthusiasm and motivation.

Next week we will back indoors for covid safe classes with limited numbers. We still have a few spots left over, it's not too late to book in. Please visit the customer portal to enrol.

For any questions please email our program manager [marijke@btycgymnastics.org.au](mailto:marijke@btycgymnastics.org.au)



## BLAZERS CHEERLEADING

We are very excited to welcome open cheerleading back and can't wait to have our juniors training at the gym again. See you soon!

BTYC offers competitive cheerleading classes for both kids and adults! All-Star cheerleading combines tumbling, stunting, dance, strength & conditioning to teach goal setting & teamwork. Every athlete has an opportunity to reach their potential and find unique roles within the sport.

  
**Free trial  
for new  
members or  
\$15 per casual  
class!**



**As of  
Thursday 12th November  
adult gymnastics is back at  
BTYC!**

**NOW RUNNING 8:45pm-10pm**



# MAG

MENS ARTISTIC GYMNASTICS

Dear BTYC Mag families

Outdoor training is here and Indoor training is coming! Welcome back to all the squad athletes and it was fantastic being back on site yesterday. For our Mag squad athletes they will have their first Outdoor training either tonight or tomorrow and it will be a great opportunity to see everyone face to face. But wait! The good news doesn't finish there! As of next week we will be back training in the gym! All the athletes and coaches are buzzing with anticipation of being back at BTYC in getting on the equipment. This has been such a long time coming!

## What happens now?

As of next week we will be following the schedule below and you will need to make sure you have booked into Indoor, outdoor and zoom classes that your squads are being offered. To do this please go to the customer portal on iclass, use the filter to select Mag and then find the classes for your squad.

MAG Term 4 Training Timetable									
		Monday	Tuesday		Wednesday	Thursday	Friday	Saturday	
HP Jnr	MAG	Outdoor 4:30-5:30pm	Indoor 6:15-8:45pm	Outdoor 5:00-6:00pm		Zoom 4:00-5:30pm	Indoor 6:15-8:45pm	Indoor 5:00-6:30pm	Outdoor 4:15-5:00pm
HP Full	MAG	Outdoor 4:30-5:30pm	Indoor 2:15-3:45pm	Outdoor 4:00-5:00pm		Zoom 4:00-5:30pm	Indoor 1:45-3:45pm	Indoor 1:30-3:00pm	Outdoor 3:15-4:00pm
Senior 1	MAG	Outdoor 5:45-6:45pm			Indoor 6:00-8:00pm		Indoor 5:00-6:00pm		Outdoor 1:00-2:00pm
Senior 2	MAG	Outdoor 5:45-6:45pm			Indoor 6:00-8:00pm		Indoor 7:00-8:00pm		Outdoor 1:00-2:00pm
Inter 1 & 2	MAG		Indoor 6:15-7:15pm			Zoom 5:30-7:00pm	Outdoor 4:00-4:45pm	Indoor 3:15-4:45pm	Outdoor 2:15-3:00pm
Junior	MAG	Zoom 5:00-6:00pm			Outdoor 5:00-5:45pm			Indoor 3:15-4:45pm	
Beginner	MAG				Outdoor 4:00-4:45pm			Indoor 1:30-3:00pm	
Foundation	MAG				Outdoor 4:00-4:45pm			Indoor 1:30-3:00pm	

The next 3 to 5 weeks training will be a period of building fitness, strength and flexibility back to where they need to be for skill development. This won't be an easy road, but with dedication and a little hard work we can be back to where we were by the end of the year. As restrictions ease we will be sending out more communication surrounding training times and sessions that open up to allow us even more indoor time.

## Are you ready for some outdoor fitness?



## This week's Challenge:

This week's challenge is a little different. Find yourself a pen and paper and write down a list of skills that you can remember doing in term 1 and that you are excited to start again when you get back into the gym. Share this with your coach and you can develop a timeline of when you will be physically prepared to train these skills again.

p.s - make sure you have packed your gym back with everything you will need for training.

See you all soon!



# Gymstar

The week is finally here...OUTDOOR TRAINING STARTS! I'm sure our Gymstar athletes are just as excited as our coaches to get back into the swing of things and see each other face to face.

There are still a few spots available for Outdoor training for each level, so make sure you book in through the Customer Portal to get your spot.

Bookings for our Indoor classes also went live this week, and it was great to see so many of you booking in already. I can't wait to see even more of you coming in again soon. Don't forget – this Saturday is our very first Gymstar Social Saturday!

This is a great chance for the kids to catch up, do something fun and talk all about their first time back at outdoor training!

No need to book – just use the link below to access the Zoom Session:

Topic: Gymstar SOCIAL SATURDAY

Time: This is a recurring meeting Meet anytime

Join Zoom Meeting

[https://us02web.zoom.us/j/81345243616?](https://us02web.zoom.us/j/81345243616?pwd=a3ZIMENEUjVxcE9VL0Ewd2dBekU4dz09)

[pwd=a3ZIMENEUjVxcE9VL0Ewd2dBekU4dz09](https://us02web.zoom.us/j/81345243616?pwd=a3ZIMENEUjVxcE9VL0Ewd2dBekU4dz09)

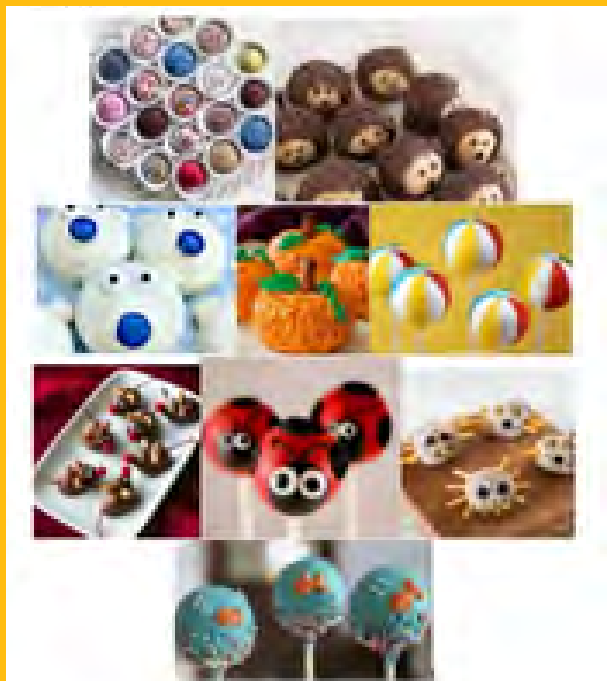
Meeting ID: 813 4524 3616

Passcode: SOCIAL

Here is the flyer with all the details of our BAKING NIGHT!



Here are some examples of decoration ideas – the crazier the better!



# RECREATIONAL GYMNASTICS

The Recreational Team is sooo Excited to be welcoming back so many familiar zoom faces to our outdoor classes! We ran our first session on Wednesday and it was a blast! We used different pieces of equipment from inside our facility to get our gymnasts, rolling, twisting, balancing, supporting and jumping!



If you have booked into an outdoor session this week, the classes are still on! However Outdoor classes will be for this week only, because next Week we start our indoor sessions! If you are interested in an indoor session book via the customer portal, but there is limited space so get in quick!

Zoom is back again this week with our coaches taking us through technique and strength control in our handstands and working on lots of the different types of jumps we have in Gymnastics! Our zoom timetable remains the same for this week, however as of Monday the 9th, all zooms will be from 5pm, so if you are interested in booking get onto the customer portal!

We cannot wait to welcome you back in a Covid safe way to BTYC!

## Trampoline and Tumbling

Dear Trampoline and Tumbling Families

We are training outdoors!!!

We are all so excited to see the athletes and finally train face to face with our new outdoor sessions and indoor sessions.

Don't forget to check your emails and see the new timetable and keep an eye out for new emails about new classes.

Our outdoor sessions in full swing as of this week, dont forget to enroll into our indoor and outdoor sessions.

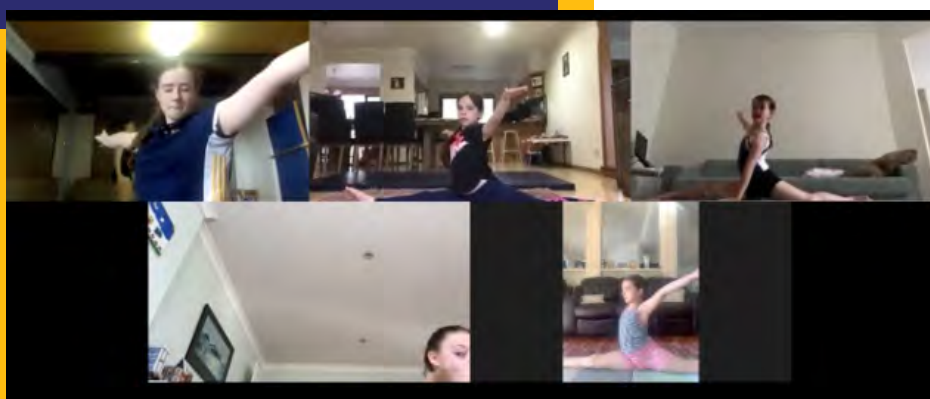


## AEROBICS



**Shout-Out**

Junior: Alessia for her good work on her jumps  
Senior: Megan for finishing making up her routine!



**DON'T WANT TO MISS OUT ON ALL THE ZOOM FUN.  
SPACES STILL AVAILABLE.  
BOOK IN TO A CLASS TODAY.**

## **HOW TO BOOK YOUR ZOOM CLASSES**

To book into a zoom class visit the customer portal at [www.btycgymnastics.org.au](http://www.btycgymnastics.org.au) and follow the steps below:

- Sign into your account or for new members create an account
- Click 'Booking' (left upper corner)
- Click 'Find a class'
- Select the program and class recommended by your program Manager
- Select student
- Follow steps to make payment
- If a credit is on your account. This can be viewed and applied on the payment page
- Zoom links will be emailed to you on the day that you have booked your gymnast into.

For further information:

Phone: 7022 6854

Email: [admin@btycgymnastics.org.au](mailto:admin@btycgymnastics.org.au)

Website: [www.btycgymnastics.org.au](http://www.btycgymnastics.org.au)

Follow us on Facebook and Instagram

## **CONTACT DETAILS**

### **DO YOU HAVE A QUESTION FOR OUR PROGRAM MANAGERS?**

#### **Aerobics**

All Abilities

#### **Boys Recreation**

Cheerleading

#### **Girls Recreation**

Gymstar

#### **Kindergym**

MAG

#### **Trampoline or Tumbling**

WAG

#### **Eve**

Marijke

#### **Brett**

Leonie

#### **Angela**

Bridget

#### **Marijke**

Lachlan

#### **Jordan**

Alysha

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