



## AEROBIC GYMNASTICS CLUB

Dear Gymnasts, Parents, Guardians and Coaches,

I hope you are staying fit and healthy during these unprecedented times. We have had to take the decision to postpone the AGM, to a date yet to be arranged, this is obviously due to the ongoing Coronavirus situation. I have asked the committee members to continue to commit to their existing positions until such time as the AGM can be held. I hope you will understand the need for this, I wish to confirm that the committee and I will continue to do what we can in these difficult times to safeguard the long-term future of SUKI.

There are some training sessions being held over the 'zoom' platform, which I believe are proving popular and a welcome release during the present 'lockdown'. A timetable and an explanation of how to join in these sessions is attached below.

Monday	RAC Team B, IAC Team & General Gymnastics Including General Gymnastic classes (Wednesday and Friday) and our IAC Team	LIVE Session through Zoom 15:30 – 16:30 16:45 - 17:45
	RAC Team A	LIVE session through Zoom 18:00-20:00
	Squad	
Tuesday	RAC Team B	LIVE session through Zoom RAC Team B – Live 15:00-17:00
	Squad and RAC Team A	LIVE session through Zoom Squad and RAC Team A – 17:30-19:30
Wednesday	General Gymnastics	Training Plans from Dropbox
Thursday	Including General Gymnastic classes (Wednesday and Friday) and our IAC Team	LIVE session through Zoom 15:30-17:30
	RAC Team A & B / Squad	LIVE session through Zoom 18:00-20:00
Friday	Squad	Training Plans from Dropbox

The coaching team will post to facebook the zoom meeting ID, if you are not on social media and a Suki member and wish to join these training opportunities, please email Natalie.

You will need to ensure you have downloaded the Zoom app onto your laptop / computer, tablet or mobile phone. You can connect your laptop to your TV by using a HDMI cable and switching over to the selected channel.

Additional to our zoom classes, we have several online training plans which can be accessed through the dropbox link on our closed facebook page.

Just a reminder that you can watch the 500 Club draw on the live Facebook page as normal-if you want to help the Club meet its continuing costs then this is a great way of doing so, get yourself a number for only £3 per month, with a chance of winning- please be aware 50% of the income is given back in prizes.

We are all as keen as possible to get back to normal gym sessions as soon as possible but our priority is the health of gymnasts, coaches, helpers and parents at this time. Please stay safe and we look forward to welcoming you back as soon as we are able.

Kind Regards

Clive Slaughter  
President of Suki Aerobic Gymnastics Club

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Suki Gymnastics Club is affiliated to British Gymnastics