



# Brentwood Gymnastics Club

**We hope you are all managing in your ISO. Not long before you are all back in the classroom with friends**

Brentwood Gymnastics Club is thrilled to announce that we will be commencing free '**Online Gymnastics Classes**' through Zoom!

Hosted by our coaching team, the sessions will be run on Monday, Wednesday and Friday nights.

<b><u>Session 1: 4:30-5:00</u></b> Bright Stars – Level 3 Junior Boys	<b><u>Session 2: 5:30-6:00</u></b> Level 4-Senior Girls Senior Boys
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These sessions are a fantastic way to keep our gymnasts active and healthy, as well as staying connected with each other and the coaching team.

To register your child's interest in 1 or more of these sessions, please complete the Expression of Interest form, and return to [admin@brentwoodgymnasticsclub.com.au](mailto:admin@brentwoodgymnasticsclub.com.au)

Please note, Zoom meeting I.D. and password will only be sent to parents upon receipt of this form.

Please make sure your child is wearing appropriate gymnastics attire and has a water bottle with them. Also, please ensure that your child has plenty of room and where possible, a parent present.

If you would like any further information about these classes, please don't hesitate to contact us.

***We look forward to seeing you all during these sessions!***

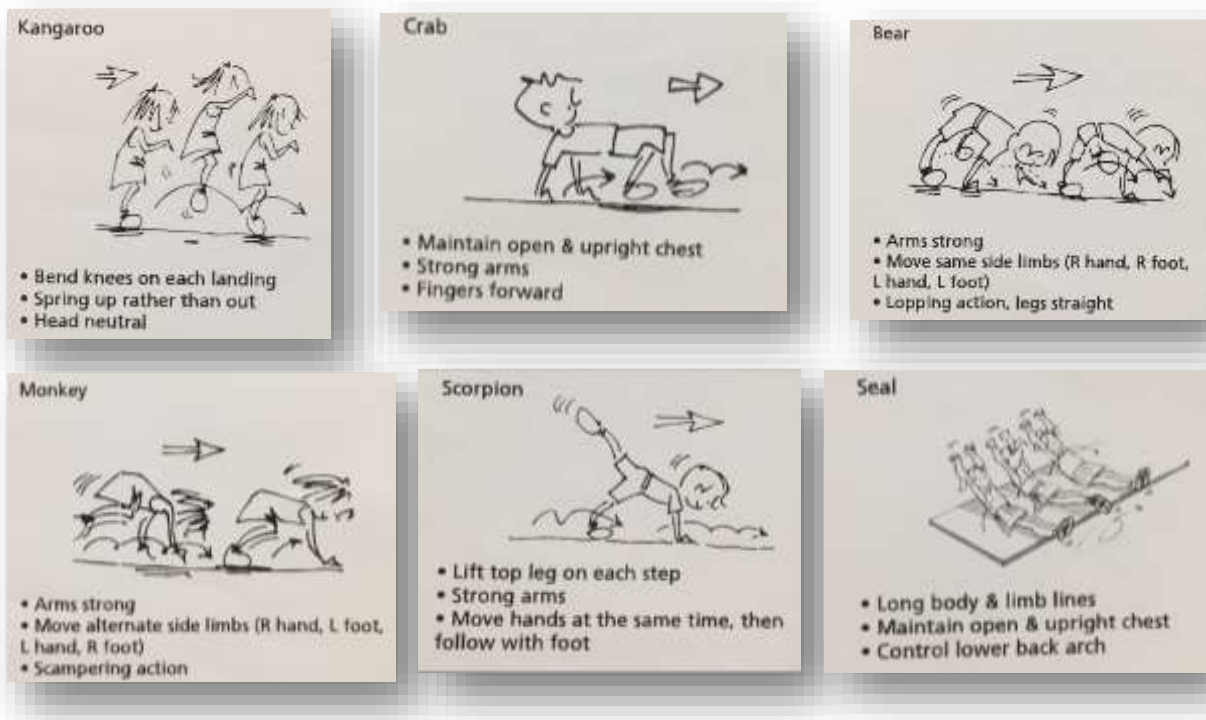


# Brentwood Gymnastics Club

Here are some other great ways to stay fit and practice Gymnastics at home.

## ANIMAL WALKS

Not only are animal walks fun, but they are also a great way to improve motor skills and movement coordination.



What other animal walks can you do that aren't on the list ?

## ALPHABET STRENGTH

Spell out your name and complete the activity for each letter.

For an extra challenge, use your full name!

- |                                       |                               |
|---------------------------------------|-------------------------------|
| <b>A</b> 15 Push Ups                  | <b>N</b> 20 Sit Ups           |
| <b>B</b> 1 Minute Plank               | <b>O</b> 30 Push Ups          |
| <b>C</b> 30 Burpees                   | <b>P</b> 20 Squat Jumps       |
| <b>D</b> 15 Squats                    | <b>Q</b> 30 Superman Rocks    |
| <b>E</b> 20 Push Ups                  | <b>R</b> 20 Burpees           |
| <b>F</b> 1 Minute Dish                | <b>S</b> 1 Minute Wall Sit    |
| <b>G</b> 25 Mountain Climbers         | <b>T</b> 30 Sit Ups           |
| <b>H</b> 25 Crunches                  | <b>U</b> 40 High Knees        |
| <b>I</b> 50 Calf Raises               | <b>V</b> 40 Calf Raises       |
| <b>J</b> 30 Dish Rocks                | <b>W</b> 30 Mountain Climbers |
| <b>K</b> 1 Minute Jogging on the Spot | <b>X</b> 30 Tuck Jumps        |
| <b>L</b> 50 Jumping Jacks             | <b>Y</b> 25 V Snaps           |
| <b>M</b> 20 Tuck Jumps                | <b>Z</b> 30 Dips              |



# Brentwood Gymnastics Club

Here is BGC's at home guide to the Foundation Shapes!



## MOTORBIKE

Feet shoulder width apart  
Knees bent  
Open chest



## ANGRY CAT

Hands shoulder width apart  
Rounded back  
Shoulders over wrists



## TUCK

Rounded back  
Knees to chest  
Chin to Chest



## ROCKET

Long body and limb lines  
Head neutral  
Hips turned under



## CANDLE STICK

Long body and limb lines  
Open and upright chest  
Hands flat on ground



## V SIT

No back arch  
Straight legs  
Finger pointing to toes



## L SIT

Legs together and stretched  
Open and upright chest  
No back arch



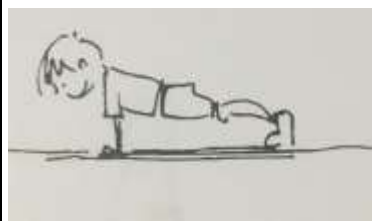
## PIKE

Chest to thighs  
Closed hips  
Legs together and stretched



## BACK SUPPORT

Long body and limb lines  
Fingers pointing to toes  
Hips turned under



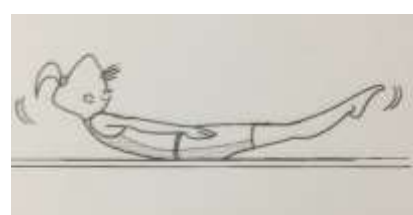
## FRONT SUPPORT

Hands shoulder width apart  
No lower back arch  
Shoulders over wrists



## ARABESQUE

Open and upright chest  
Head neutral  
Long body and limb lines



## DISH

Long rounded body shape  
Feet and shoulders off the ground  
Arms stretched towards feet

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