

MENTAL HEALTH AWARENESS WEEK

18-24 MAY 2020

KINDNESS

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

Mental Health Awareness Week

'In a world where you can be anything, be kind.'

During this time that we are unable to train, children's mental health is just as important. So, remain focused, stay positive and remember to talk!

News from British Gymnastics

We are aware of a significant amount of work BG are doing in the background in determining how and when we may be able to return to some form of training.....at this stage there is not much to share - but please keep an eye out on updates on the BG website.....

<https://www.british-gymnastics.org/>

If you haven't yet had the chance to download the band app, please come and join us!

We post weekly videos and activities for all to take part in.

The app is available to ALL of our members, send us an email for further details.



British
Gymnastics
More than a sport

KETTERING GYMNASTICS CLUB

Update 22nd May 2020

Thank you to parents and members for your continued support through this difficult time.

Our Zoom sessions have seen a great rise in numbers, with over 150 of you joining the sessions each week! Well done to everyone!

Don't forget these sessions are open to you ALL so please look out for details on how to join via the band app.... the more the merrier!!

Recreational Zoom class:
Thursday 3.45pm - 4.15pm!

THANK YOU

FEES..... Please make sure you have read the update sent in April regarding fees, if you have not seen this please let us know via email or Facebook and we will re-send these to you.

In the meantime, we want to say

A HUGE THANK YOU

to all of you who have supported us by continuing to pay fees at whatever level you felt able.

This will ultimately ensure YOUR club is able to continue to operate in the future.

If anyone has any difficulties, please let us know and we will support you in any way that we can.

FEES