



## December Newsletter

# Re-opening.....again

Following the end of the month lockdown we are happy to announce we shall be re-opening our doors at the usual time on Wed 3rd December. We look forward to seeing you all back and taking part in the activities you choose.

Circuit training and Zumba have been going ahead remotely whilst we were closed. Whilst in Tier 3 we will continue to run these classes remotely. Please click the link to open the app. Download to be able to access the classes from your home.

<https://gymcatch.app.link/3mi9LyRC7ab>



Of course our 'covid secure' measures are still in place including sanitising stations, Track and Trace etc. Please bring a face covering with you as these are required when moving through the building when not exercising. This includes parents spectating indoors and out.

### **Tier 3 restrictions** ***in brief***

Gym will be open. Outdoor under 18 sports may resume. Indoor **under** 18 sports may resume. No adult indoor sport unless from the same household.

#### Contact us:

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