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27 February, 2021.

Good evening Tri Star Families,

Here we go again, we are getting pretty good at this now. You are likely to have heard that Auckland will move into Alert Level 3 as of 6am Sunday 28 February for at least seven days. This means that the Tri Star facility will be closed to all members until we move back down to Alert Level 2. We will update you all following the governments advice regarding any next steps.

To our members that have not been with us for very long, we do have some online resources set up to help keep you active over lockdown periods. We will send out instructions on where and how to access these on Monday. Depending on how long we remain in Alert Level 3 we will look at providing some online classes. More information will be provided on this in the coming days/week.

Competition athletes, you have all been looking so good in the gym the last couple of weeks and we want to help encourage you to keep up the hard work. Your coaches will send out a conditioning programme for you on Monday and we will be in touch with some online classes/check ins later in the week. We know this must be frustrating for you all, but keep your heads up, we can do this. The coaching team and wider Tri Star family has your backs!

We will communicate information around all missed classes once we have a better understanding on timeframes and further government updates.

Enjoy this time with your families and please reach out if there is anything the Tri Star team can do to help you all through another lockdown!

Stay safe. Be kind. Breathe.

Luke Dobney

Events and Operations Manager

Tri Star Gymnastics

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Jump into it!