



## ***THE KICKSTARTER!***

***June, 2020***



Ready? Set? Go! That's how we're feeling, as we continue to prepare for our much anticipated re-opening since we closed our doors in mid-March due to Covid-19. While the weather may be warming up, and it is, we're keeping our focus on ensuring we're ready to go as soon as we receive the go-ahead from the Ontario government. This means we've been looking at new ways and means of operating our studio and implementing new programs to ensure the safety of our staff, students, and parents, and we're excited to share a few things you'll notice once you step through our doors again.

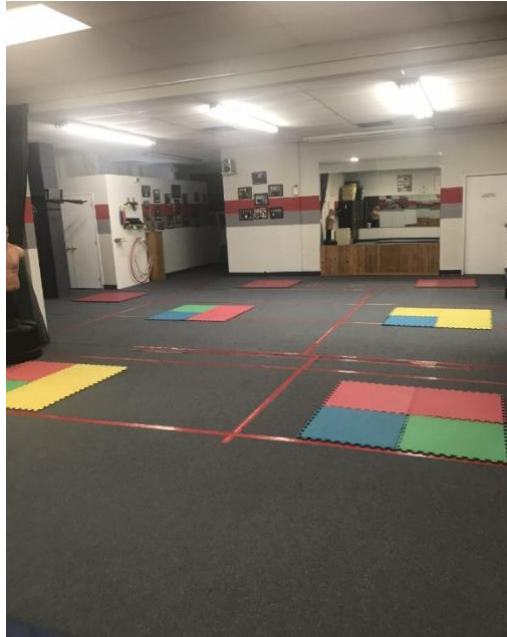
We're sporting a new look! First thing you'll notice is the new plexiglass partition at the front reception desk, and limited chairs in the viewing area (likely 4-6), for social distancing purposes. This means we'll be asking parents and guardians to either wait in their vehicle or drop students off. Yes, we know this isn't as fun, or social, for parents, but we must keep safety first and foremost. In keeping with the social distancing requirements, we'll also have mats appropriately spaced out on the floor of the dojo for students and instructors. To remain within these guidelines, current spacing will enable thirteen students and two instructors to train in the front room, and seven students plus one instructor can work in the back room. Cleaning and sanitizing will be done between each class, with about 20-30 minutes between classes to facilitate this, and hand sanitizers will be available at the front desk, bathroom, and 1-2 sanitizers in the rooms.

We're also extremely excited to share with you that, in addition to free disposable masks (in the colour black—of course), we will be offering really cool black cloth

“Ninja” masks for sale, in both child and adult sizes. We should be receiving our first shipment of the “ninja” masks soon, so members can pre-order theirs, since we know they’re going to be a very popular item. Stay tuned for details on pricing and availability on our social media pages and in next month’s newsletter.

In our last newsletter we let our members know that they need to contact Melanie to book their preferred class days and times, and are pleased with how many of you who’ve already done so. If you haven’t booked your days and times yet, please contact Melanie soon, as time slots are filling up quickly!

***Keep watching for updates on our social media pages, email notices, and newsletters.***





## **CELEBRATING BIRTHDAYS IN JUNE!**

*Ageh Jones*  
*Robin Empey*  
*Jennifer Mackenzie*  
*Emily Tran*  
*Chelsea McRoberts*  
*Krishna Jain*  
*Darcy Mackenzie*  
*Elianna Chamberlain*  
*Anthony Hamilton*  
*Samuel Kerfoot*  
*Dougie Meredith*

*Suz Ahmed*  
*William Wade*  
*Mithran Gokulraj*  
*Samuel Lopes*  
*Anthony Ho*  
*Ceara McIntyre*  
*Trent Lund*  
*Jacob Verwaayen*  
*Aidan Adcock*  
*Dezmin Shadd-Dodman*

***HAPPY BIRTHDAY!***

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## **Black Belt Candidate Zoom Sessions**

Thank you to everyone who has participated in our previous Zoom meetings. They've been a tremendous success! Our next 2020 Zoom Black Belt Candidate Session is scheduled for **SATURDAY, JUNE 20<sup>th</sup>, FROM 1-4:00 pm.**

### **YMCA MEMBERS**

We know our YMCA members are as excited as everyone else at MMA is to get back to class, and are wondering what's happening. What we can tell you is that we are working closely with the management of our local YMCA branches regarding re-opening, new government and YMCA protocols, and our new "No-Contact, Social Distancing Program". The moment we have word on class re-opening schedules and details, we'll share them with everyone! ***As always, watch our social media pages, email updates and future newsletters, to keep informed of new developments.***

### **SENSEI SAYS**

With change comes opportunity; opportunity to take steps in exciting, positive new directions; learn new ways of doing things, and to grow and improve. Many people think martial arts is all about fighting, or learning to fight, but it's really about self-improvement, self-challenge, and personal growth. Life is never stagnant. Covid-19 certainly threw everyone for a loop. We didn't see it coming, but we're learning to get through it as safely as possible. While the challenges posed by the pandemic aren't over yet, at MMA we've stayed positive about the changes to come, and the ones we're implementing in our studio and YMCA classes. Positivity is a choice; just as negativity is. I always focus on the positive, and look forward to each new day with an attitude of gratitude.



***Melanie Stewart***  
***Owner***



***Steve Stewart***  
***Owner***

