



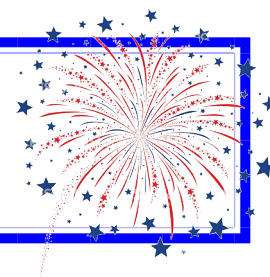
ZenQuest Martial Arts Center

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An Okinawa Karatedo Association, Demian Mata Jiu-jitsu Network and Siyodtong Boston Affiliate

NEWSLETTER July 2020



WE'RE BACK!

After 15 weeks of quarantines, ZenQuest has resumed it's 'in-person' classes as of Monday, July 6th. As you probably know, regular classes were suspended on March 16 in compliance with orders from Massachusetts Governor Baker's office. Since then, we've been in 'uncharted territory' providing virtual classes and instructional videos online, waiting for the day when we could start to return to normal. Now, because Massachusetts has done such a great job of getting the situation under control, we have been given the go ahead to finally reopen.

In an abundance of caution, reopening is being done with several safety measures in place. Although the commonwealth has managed the situation well up to this point, we all must do our part in continuing the current trend. So, our reopening will be done in four phases with the most intense safety measures in effect at first. These will gradually be relaxed with each of the following phases.

Our Phase I safety measures include one way traffic through the building as much as possible. Parents are required to drop off youth students and additional seating is provided outside in the playground area. Indoor waiting areas, locker rooms and the fitness room are off limits in this initial Phase. Students should arrive in their training attire, and are subjected to 'no touch' temperature checks upon entering the building. They are also required to sanitize hands and feet before entering training rooms. We are encouraging online, phone-in, or automatic payments as an additional precaution. Of course, students should wait to rejoin if they have at-risks family members at home, or think that they may be feeling ill.

Class sizes are limited to eight at this time so it is very important that students make reservations and notify us on which classes they will be attending. To properly 'social distance' students are given assigned areas in their classes. Classes are focusing on instruction and individual exercises and drills, with no partner training. Portions of classes will consist of video presentations of drills, sparring, history and information appropriate to each martial art and age group. We are also using 'grappling dummies' for Jiu-jitsu and punching bags for Muay Thai classes in the early stages of reopening. Some fun new children's games are being played based on social distancing.

We have arranged for plenty of positive ventilation using a combination of window fans in the training rooms to pull air out, and other windows and doors strategically opened. We are also using a 'fresh air exchange' system installed in the building during class times now as well.

Face coverings are required for everyone in Phase I. ZenQuest is supplying custom 'Ninja' masks at no charge while supplies last. These 'Gaiter' style



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Enrollment Alternatives

The COVID19 quarantines continued well past the point that was originally anticipated and affected us all in many ways. We know that this has placed a burden on many of our students and families, and this has certainly placed a burden on ZenQuest. We appreciate those who have continued to support the gym/dojo during this time and can't thank you enough.

As we transition back to normal it is important for students to indicated how they would like us to address their enrollment or any credit they may have had at the time the quarantines began. If you are in that group and have not done so yet, please take a moment to evaluate the alternatives below and contact us. As we see it, there are five different ways to deal with this:

Continued Enrollment Several students and families have chosen to simply continue their enrollment through the quarantines. This is a very considerate way to support the gym or Dojo and help ZenQuest to survive this unprecedented challenge. Continuing enrollment in this way provides full access to all of ZenQuest's online classes and support, and provides discounts on equipment and private online training.

Partial Enrollment This is for students who's normal membership has lapsed, but want access to online classes. These students can arrange for a monthly payment of \$25 to have full access to all online classes and videos. ZenQuest has amassed a library of online classes via Facebook live and ZOOM, and these are available on our special Facebook 'Remote Training Support' group. New classes will continue to be live streamed for a limited time. Students may also choose to arrange for private online trainings.

Enrollment Conversion Students who had a balance of enrollment time when in-person classes were suspended may convert that time into access to online classes. For example, if a student had a month of time remaining as of March 16th, they can use the monetary value of that time towards access to online class time at \$25 per month. Once this time has expired, they can decide how to proceed from there. Students can also convert a balance of enrollment to online private trainings.

Enrollment Donation Students who had a balance of enrollment time when in-person classes were suspended may simply donate part or all of that time to the gym and then restart their enrollment upon their return. This will also contribute to insuring the survival of the Dojo during and following the quarantines.

Enrollment Pause This is for students who want to pause their membership going back to the date of start of class suspensions. Any balance of enrollment on the books at that time would be preserved and be restarted upon their return. This would mean no access to exclusive online classes or videos, and the student will be considered to be out of training during this time. Students who've utilized the online content should expect an appropriate adjustment to remaining enrollment time.



Please call 413-637-0656 or contact us via email at train@zenquestmac.com to let us know what you decide. Again, we sincerely appreciate the kindness and generosity shown by the students and families continuing their enrollments and supporting us through this challenging time. If you would like to arrange for payment or contribution in this way please contact us and we'll be happy to assist you.

IMPORTANT DATES

July 6, 2020

IN-PERSON CLASSES RESUMED**HAPPY BIRTHDAY!**

Mia Freeman 7/8
 Jackson Almeida 7/9
 Kyle Wellman 7/10
 Isabella Bruns 7/10
 Chase Kane 7/12
 Matthew Gerlitz 7/13
 Liam Carty 7/13
 Jacob Barrett 7/15
 Reagen Rivest 7/15
 Jared Bruns 7/19
 Kashish Panwala 7/19
 Joseph 'JT' Szmanski 7/20
 Carter Shufelt 7/20
 Anthony Ozuni 7/23
 Troy Middleton 7/24
 Tyler Mountz 7/25
 Cayden Bona 7/27
 Emily Leonard-Miller 7/29
 Krish Shah 7/30

WELCOME NEW STUDENTS!YOUTH -ADULTS - Adam GoodmanWELCOME BACK - John Oleson, Ricky Jennings & Marie Herbert**RECENT PROMOTIONS****CRANES:****TIGERS:****DRAGONS:****COBRAS:****UECHI:****PYTHONS:****JIU-JITSU:****MUAY THAI:****Terminology****Change**

Japanese: Henka suru

Brazilian: mudança

Thai: Peinplang

“Best Martial Arts Academy”**ZenQuest Martial Arts**
*Berkshire Eagle's
 Readers Choice Awards
 2017, 2018 & 2019*


Limited Edition Shirt

To commemorate surviving the crazy challenges of 2020 we have created a unique version of our ZenQuest t-shirts. These are high-quality 'cobalt' colored t-shirts with the front the same as usual, but the back says "I helped ZenQuest survive COVID19." These will only be offered once, so get them while you can.

The shirts are partly a fundraiser for the gym/dojo and available to everyone. To help with recovery from the COVID19 quarantines, these are offered at \$30 each. Anyone who maintained their membership through the quarantines can pick them up at a discounted price of \$15 each. They are available in sizes YS through 3XL.

We will be taking orders for these from now until August 1st. To order, simply call, email, or message us with your sizes and arrange for payment.

Thanks for your continued support!



Virtual Classes Paused

As we reopen and transition back to our normal 'in-person' classes following the quarantines, we will put less emphasis on providing virtual classes and videos online. This was an amazing way to help students continue their training remotely during an unprecedented time. However, at this point we need to focus our energies on providing six days of regular classes...PLUS all of the new safety measures and cleaning required by the commonwealth.

We will provide a limited number of virtual classes for a short time by 'live streaming' our in-person classes. These can be accessed via our special Facebook group called 'RTS' or Remote Training Support. Please look for email announcements for the dates and times of those classes. Eligible students can go to the group via the Facebook ZenQuest page and submit a request to join in if they don't already have access. For information on access please refer to the article entitled 'Enrollment Alternatives' on page 2. There are also many videos available on ZenQuest's website and YouTube channel.

An alternative to consider going forward are virtual or in-person private lessons. Some students have already taken advantage of this alternative to in-person training with great success. This is a great way to enjoy customized instruction at a pace and focus that works for the individual student while social distancing.

We will revisit providing virtual classes in the future shall the need arise. For assistance with our virtual classes or gaining access please contact us at 413-637-0656 or train@zenquestmac.com. Thanks again for your support!

*(Continued from page 1) **We're Back!***

coverings are made of a Lycra material which balance protection with enabling the wearer to breathe during activity. Class intensities are at a level that works with face coverings while their use is in effect. This, too, will be relaxed in succeeding phases.

Mats, surfaces, and equipment are all being disinfected before each class and at the end of each day. Class durations are slightly shorter to allow for cleaning and drying between classes. A professional cleaning service is also be used at the end of each week to disinfect the entire facility.

As of now, we are waiting for the Governor's office to provide more information and guidance on the duration of this initial phase and details on what follows. We will provide more information as it becomes available. For now, we are just happy that we can reopen and continue providing the best facility, instruction, and training environment possible.

The effects of COVID19 have been difficult for everyone. But, with the threat of the virus gradually subsiding in the northeast we can begin to look forward to gradually getting back to a more normal life and the activities that we love. With some caution and intelligent strategies we are confident that we WILL return to normal while staying as safe as possible.

For more information on our Phase I safety measures, visit our website at www.zenquestmac.com. We appreciate your continued support and hope to see you in training again soon!