



ZenQuest Martial Arts Center

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

NEWSLETTER May 2020

Reopening Safely

As you know ZenQuest's 'in-person' classes have been suspended since the orders given by the Governor of Massachusetts on March 16. At present, the Governor's office is developing a four-phase plan for the reopening of businesses. The plan will determine when businesses will open based on societal need and risks. The details for the plan have not been determined at this time, but it's anticipated that gyms and martial arts schools will not likely be among the first business to reopen.

Of course, we are excited and looking forward to reopening for in-person classes as soon as we can. In the meantime, we're providing online classes, instructional videos, and tips so that students can continue to train remotely. These have been for Karate, Jiu-jitsu, Muay Thai, Self-defense and Strength & Conditioning. This is a great way to continue to learn and stay sharp during this challenging situation, and all of our students to take advantage of that.

In the process of getting ready for reopening, the entire facility is being cleaned and disinfected from top to bottom. This includes all surfaces in the building including floors, mats, walls, cubicles, shelves, tables, chairs, desks, lockers and fixtures. Similarly, all equipment is being disinfected including targets, kick shields, Thai pads, focus mitts, weights, kettle bells, fitness balls, medicine balls, punching bags, etc.

We are also developing intelligent strategies for making ZenQuest as safe as possible when that happens. These will be most intense at first, and then gradually relaxed as time progresses and things return to normal. Precautionary measures will include controlled traffic through the building, limited class sizes, drop off for youth students, temperature checks, social distancing measures, alternative payment options, and negative air flow in the training rooms. Our building also has a 'fresh air exchange' system left over from when it was occupied by the Berkshire Montessori school, and we will be begin running that during classes when we reopen.



In addition, we will modify several aspects of our classes for the time being. Classes will initially consist of instruction and individual exercises, with partner training gradually phased in over time. We will have designated places for

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Enrollment Alternatives

As we all know, the quarantines are continuing well past the point that was originally anticipated. When we first suspended classes on March 16th, we were under the impression that this would last two to four weeks. At present, we are two months into the quarantines and are likely looking at, at least a few more weeks before we can resume our in-person classes. With that in mind, we wanted to address alternatives for treatment of student enrollments at this time.

As we see it, there are five different ways for students to deal with their enrollment or a balance of enrollment time that they had as the quarantines went into effect. These are as follows:

Continued Enrollment Several students and families have chosen to simply continue their enrollment through the quarantines. This is a generous way to support the gym or Dojo and insure ZenQuest's survival through this challenging time. Continuing enrollment in this way automatically 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 to participate in online classes. These students can arrange for a monthly payment of \$25 to have full access to all online classes and videos. ZenQuest is already providing several online classes each week via Facebook live, and is exploring other ways to provide it's exclusive content in the future. 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 simply 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 had access to and utilized the online content should expect an appropriate adjustment to remaining enrollment time.

If you were enrolled as a student at ZenQuest at start of the quarantines and haven't already indicated how you would like us to process the balance of your time, or your 'Easy Pay' autopayment please contact us and we will be happy to do so. You can contact us via email at train@zenquestmac.com, or call 413-637-0656.

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

TBD:
IN-PERSON CLASSES RESUME
 {pending the Governor's Executive orders}

WELCOME NEW STUDENTS!YOUTH -ADULTS - Vivian FlynnWELCOME BACK -**HAPPY BIRTHDAY!**

Ira Lagerbom 5/2
 Gordan Lagerbom 5/2
 Colton Kennedy 5/2
 Nicolas LaPointe 5/3
 MaKenna Herlihy 5/3
 Samuel St. Peter 5/5
 Kathy Petrucci 5/11
 Aidan Klapes 5/12
 Jennifer Rennie 5/15
 Jenny Schwartz 5/16
 Mathieu Moreau 5/19
 Denise Devereaux 5/20
 Charles Lambert 5/22
 Jed Devarenes 5/22
 Weston Aube 5/23
 Colton Smith 5/23
 Alana Ramos 5/24
 Jedd Hall 5/25
 Amanda Saunders 5/25
 Callen Parker 5/27
 Abigail Senner 5/28
 Samantha Moser 5/29
 Citlali Hernandez 5/29
 Charlie Rapkowicz 5/30
 Gustavo Perez 5/31

RECENT PROMOTIONS**CRANES:****TIGERS:****DRAGONS:****COBRAS:****UECHI:****PYTHONS:****JIU-JITSU:****MUAY THAI:****Terminology****Patience****Japanese: Nintai or Gaman****Brazilian: Paciência****Thai: Khanti****“Best Martial Arts Academy”****ZenQuest Martial Arts**

Berkshire Eagle's
Readers Choice Awards
 2017, 2018 & 2019



Virtual Classes

Although we haven't been able to conduct our normal 'in-person' classes during the COVID-19 quarantines, we are providing videos and classes online so that students can continue their training remotely. Staying fit and continuing your practice during this time is important in many ways. Aside from keeping your physical and mental health strong, this will also contribute to your progress toward your next promotions.

Currently, the majority of our online classes and videos are being provided via a special group on Facebook called 'RTS' or Remote Training Support. We typically provide six classes each week for adults and kids, and may add more classes to this in the future. Eligible students and families can go to the group via the Facebook ZenQuest page and submit a request to join in. There are different ways to gain access to these virtual classes if you haven't already. For information on access please refer to the article entitled 'Enrollment Alternatives' on page 2.

We are also looking into developing an exclusive page on the ZenQuest website soon for an alternative to using Facebook to access these classes. Also, some classes may be offered using the meeting room app 'Zoom' in the future. We initially avoided this choice due to security concerns, but they seem to have been corrected at this time. Like our Facebook live classes and videos, access to the exclusive website support can easily be arranged by contacting us.

Something else to consider going forward are virtual private lessons. Some students have already taken advantage of this alternative to in-person training with great success. This is a great way to especially concentrate on promotion material at a pace and focus that works for the individual student.

For assistance with our virtual classes or gaining access please contact us at 413-637-0656 or train@zenquestmac.com. We will continue providing a limited amount of additional support material on Facebook, YouTube, and Instagram periodically. Thanks again for your support!



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students in the training rooms. Portions of classes will consist of video presentations and review of drills, sparring, history and information appropriate to each martial art and age group. Classes consisting of 'Stations' or strength & condition drills will also be more frequent initially. We will also limit children's games to those that can be performed with social distancing.

Face masks will be required for everyone at first. ZenQuest will supply custom 'Ninja' masks at no charge for students who've maintained their memberships during the quarantines, or if they re-enroll during the first phase of reopening. These will also be available at a discounted price in the following phases of returning to normal. These are 'Gaitor' style masks made of a Lycra material which balance protection with enabling the wearer to breathe during activity.

Of course, all of the other precautions that were in place before the quarantines began will still be in place. Cleaning of mats, surfaces, and equipment will all be stepped up significantly. Students should stay home if sick and will be asked to leave class if there are any indicators of illness. Students should also stay home if they have at-risks family members at home. Students will be required to sanitize hands and feet before entering training rooms and on breaks.

We will reopen and get back to training together as soon as possible. It has been difficult for many of us to deal with the quarantines and the challenges that they pose on us. However, we need to continue to deal with this in an intelligent way that minimizes risks for everyone, while also trying to keep our lives as normal as possible. With the steps outlined by the authorities, and our own safety plan we are confident that we WILL gradually return to normal while staying as safe as possible.