

KIDS KLUB GYMBUS NEWSLETTER

The **FINAL** term of 2018-2019 Gymbus year begins the week of April 1st, 2019.

Email us if you need to know your payment amount.

Payments are late if received **AFTER** your child's Gymbus class the week of April 1st.

Check out what we will be doing in the upcoming weeks on the GYMBUS

THE FINAL GYMBUS TERM BEGINS! **IT'S CARDINAL BASEBALL WEEK!**

APR 1 – 5 (MON-FRI)

LESSON FOCUS: BARS, GROSS MOTOR SKILLS

It's Cardinal baseball season once again! We will celebrate Cardinal Baseball all week! Wear your Cardinal baseball shirt or any red shirt so you can help us celebrate the start of the 2019 Cardinal Baseball season. We will practice throwing balls, hitting balls off a t-ball stand, running the bases and many other gross motor skills as we warm up, practice, and condition just like the baseball players do!

Gymbus payments are late if paid after your child's class today.

APR 8 – 12 (MON-FRI)

LESSON FOCUS: BARS, FLOOR, NINJA STONES

On BARS, we will work on pullover drills. On FLOOR, we will practice forward rolls with bunnies under our chin. We will climb a ladder to get into the ball pit. The NINJA STONES will be on to practice coordination.

EASTER WEEK

APR 15 – 18 (MON-THUR)

LESSON FOCUS: FLOOR, BARS, LOW BEAM

On BARS, everyone will swing with a bunny between their legs and then try to drop the bunny into a hula-hoop. We will hop over bunnies on LOW BEAM, as well as search for hidden bunnies in the ball pit. A bunny toss will be our closing activity along with a chocolate Easter candy! Everyone will get a participation medal at the end of class.

BE SURE TO LET US KNOW BY E-MAIL NO LATER THAN 4/11 IF YOUR CHILD CANNOT HAVE CHOCOLATE.

APR 22 – 26 (MON-FRI)

LESSON FOCUS: BARS, FLOOR, VAULT

On BARS, we will work on monkey hangs. Anyone that can do it by themselves will get our cool monkey stamp. On FLOOR, we will work on straddle forward rolls and crab walks. On VAULT, we will practice using a springboard to jump up onto a trapezoid.

APR 29 – MAY 3 (MON-FRI)

LESSON FOCUS: FLOOR, BARS, BEAM

On FLOOR, we will work on backward rolls. On BARS, we will work on front supports, casting, and a forward roll dismounts. On BEAM, we will work on being flamingos using the skinny beam.

Gymbus Celebration information will be emailed the weekend of April 19th.

This year's year end celebration will be on June 1st at FlipSide Gymnastics in St. Charles.

Be sure to mark your calendar now!