

KIDS KLUB GYMBUS NEWSLETTER

THANK YOU FOR ALLOWING US THE OPPORTUNITY TO WORK WITH YOUR CHILD THIS YEAR!
WE ARE LOOKING FORWARD TO A GREAT YEAR FULL OF GYMNASTIC LEARNING!
AT EACH DAYCARE, WE HAVE PROVIDED A MAILBOX TO DROP GYMBUS PAYMENTS.

NEWSLETTERS ARE E-MAILED EVERY 3-5 WEEKS AND ARE AIMED AT KEEPING ALL PARENTS INFORMED REGARDING THE WEEKLY GYMBUS ACTIVITIES AND THEMED WEEKS.

PLEASE NOTE: PAYMENTS MADE BY THE TERM (10 WEEKS) or BY THE SESSION (20 WEEKS) ARE DUE 2 WEEKS PRIOR TO THE BEGINNING OF EACH TERM/SESSION.

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

AUG 13 – 17 (MON - FRI) LESSON FOCUS: VAULT, BARS, FLOOR, BALL PIT

AUG 20 – 24 (MON - FRI) LESSON FOCUS: FLOOR, BEAM, MONKEY BARS

AUG 27 – 31 (MON - FRI) LESSON FOCUS: PARALLEL BARS, VAULT, FLOOR
On PARALLEL BARS, we will work on front supports and straddle onto the bars. On VAULT, we will work on knees on and straddle on mounts. On FLOOR, we will work on tabletops and cartwheels.

2018-2019 GYMBUS SHIRTS WILL BE HANDED OUT TODAY!

SEPT 4 – 7 (TUES - FRI) LESSON FOCUS: MOUNTAIN CLIMB, PARALLEL BARS
Everyone will get to CLIMB our MOUNTAIN of mats and then sliding down the slide. On PARALLEL BARS, we will continue working on front supports and tabletops. We will practice walking on a curvy balance beam.

SEPT 10 – 14 (MON - FRI) LESSON FOCUS: FLOOR, LOW BEAM, MINI-TRAMP
On FLOOR, we will work on standing and sitting straddle forward rolls. On LOW BEAM, we will work on walking forward, sideways, and soldier kicks. On MINI-TRAMP, we will work on straddle jumps.

IT'S BACKWARDS WEEK! – WEAR YOUR GYMBUS SHIRT BACKWARDS!

SEPT 17 – 21 (MON - FRI) LESSON FOCUS: BEAM, VAULT, FLOOR
Today we will be doing everything BACKWARDS! We will board the bus from the BACK using a step ladder. On FLOOR, we will work on backwards rolls and crab walks. On VAULT, we will do ½ turns off the block. On BEAM, we will walk backwards. We will slide backwards down the slide. IT'S A CRAZY 2 STAMP DAY!

SEPT 24 – 28 (MON - FRI) LESSON FOCUS: FLOOR, BARS, BEAM, VAULT
On FLOOR, we will work on straddle rolls. On BARS, we will work on pullover drills. On BEAM, we will practice stepping over bean bags. On VAULT, we will work on jumping off and landing in straddle position.

***Just a reminder: Tennis shoes must be worn each week on Gymbus. This is for the safety of all children. Along with this newsletter, you will find a curriculum sheet and 2 GYMBUS calendars for the 2018-2019 GYMBUS year. The curriculum sheet highlights the major skills we will teach on the GYMBUS over the course of the year. The curriculum sheet is the same for all children in our program regardless of their age. We believe that all children come into our program with different levels of gymnastic experience. Rather than teach children skills they may already know, our curriculum allows us to continually build on past skill knowledge and constantly challenge children with new gymnastic learning. **The calendars indicate dates closed, the beginning of each of our 4 GYMBUS terms and when payments are due.**

Be sure to like us on FACEBOOK where you can view pictures of your child's Gymbus class each week!