

# KIDS KLUB GYMBUS NEWSLETTER

\*\*\*\*\*IMPORTANT\*\*\*\*\*

**The Gymbus will be closed: 12/24/18 – 1/1/19 Winter Break (classes resume 1/2/19)**

*Session 2/Term 3 payments are due when we return from Winter Break.*

## Highlights from our last several weeks!

### FOOTBALL WEEK

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

#### DEC 3 – 7 (MON-FRI)

LESSON FOCUS: BEAM, FLOOR, NINJA TRIANGLES

On BEAM, we will work on soldier kicks without touching the bus. On FLOOR, we will work on wall-walker handstands. 4/5 year olds will also work on bridges. Everyone will practice their tuck jumps and straddle jumps. We will use fun ninja triangle shapes to climb into and out of the ball pit!

#### DEC 10 – 14 (MON-FRI)

LESSON FOCUS: TRAMPOLINE, BEAM, BARS

On TRAMPOLINE, we will work on straddle jumps, ½ turns, seat drops and knee drops. On BEAM, we will work on walking forward (sideways for 2/3 year olds) and jumping into a hula hoop at the end of the beam. On BARS, we will work on pullover drills. We will all begin learning the “I’m a Friendly Snowman” song!

#### **IT’S CHRISTMAS WEEK! – WEAR A FUN HOLIDAY SHIRT!**

#### DEC 17 – 21 (MON-FRI)

LESSON FOCUS: LOW BEAM, BARS, TRAMPOLINE

It is Christmas week on the GYMBUS! If you have a fun holiday shirt, where it to class this week! We will practice our new song “I’m a Friendly Snowman” during warm ups and continue practice ½ turns and full turns in and out of our “friendly snowman” made of hula hoops. On LOW BEAM, we will work on dip steps. On BARS, we will drop holiday stuffed animals into hula hoops. On TRAMPOLINE, we will work on jumps, seat drops, and knee drops. We have a great closing activity planned as well as a Christmas candy treat. **IF YOUR CHILD CANNOT HAVE CHOCOLATE, PLEASE BE SURE TO NOTIFY THE GYMBUS BY 12/14/18.**

**THE GYMBUS IS CLOSED FROM DECEMBER 24, 2018 – JANUARY 1, 2019**

*Session 1 evaluations will begin the week of December 17th, 2018 and continue until January 11th, 2019.  
Term 3/Session 2 begins the week of January 21st, 2019.*

**HAPPY HOLIDAYS!**  
*Ms. Cathy & Ms. Jenny*