

# KIDS KLUB GYMBUS NEWSLETTER

*Session 2/Term 3 began the week of January 21<sup>ST</sup>, 2019.*

## Highlights from our last several weeks!

EVALUATIONS AND SESSION 1 AWARDS  
PJ AND STUFFED ANIMAL WEEK

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

JAN 28 – FEB 1 (MON-FRI)

LESSON FOCUS: ROCK WALL, CARGO NET, VAULT

On ROCK WALL, we will work on climbing across the wall instead of up and down (4 & 5 yr olds only). Everyone will climb the cargo (Spiderman web) and touch the ceiling. On VAULT, we will work on knees on.

FEB 4 – 8 (MON-FRI)

LESSON FOCUS: BEAM, FLOOR, BARS, BALLS

On BEAM, we will work on tapping cones with sticks. On FLOOR, we will work on dive forward rolls. On BARS, we will work on front supports. The balls will be back on this week.

FEB 11 – 15 (MON-FRI)

LESSON FOCUS: FLOOR, BEAM, BARS, MONKEY BARS

On FLOOR, we will work on backward rolls. On BEAM, we will work on tapping our toes on cones. On BARS, everyone will try to hang like a monkey and earn a special monkey stamp if they can do it alone.

### IT'S DINOSAUR WEEK!

FEB 18 – 22 (MON-FRI)

LESSON FOCUS: LOW BEAM, BALLS, FLOOR

It's Dinosaur week on the Gymbus! We will do warm ups with dinosaurs, and then carry them on our head as we walk on the BEAM. Dinosaurs will also be hidden in our ball pit. We will also use soft dinosaurs to help with forward rolls and tabletops. At the end of class we will play a game with dinosaurs.

FEB 25 – MAR 1 (MON-FRI)

LESSON FOCUS: PARALLEL BARS, VAULT, BEAM

On PARALLEL BARS, we will work on front supports and tabletops. On VAULT, we will work on knees on mounts and straddle jumps off. On BEAM, we will work on soldier kicks.

### Upcoming themed weeks

Cardinal Baseball week: April 1 – 5

Easter week: April 15 - 19

**MARK YOUR CALENDARS NOW FOR THIS YEAR'S  
GYMBUS CELEBRATION  
SATURDAY, JUNE 1, 2019 at FLIPSIDE GYMNASTICS**