

KIDS KLUB GYMBUS NEWSLETTER

*****IMPORTANT*****

The Gymbus will be closed: 11/21/18 – 11/23/18 for Thanksgiving Break

MONDAY & TUESDAY CLASSES WILL RUN ON 11/19 & 11/20,

HOWEVER, NO OTHER CLASSES WILL RUN THE WEEK OF THANKSGIVING.

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

Highlights from our last several weeks!

HALLOWEEN WEEK

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

NOV 5 – 9 (MON-FRI)

LESSON FOCUS: FLOOR, BARS, MONKEY BARS

On FLOOR, we will work on straddle forward rolls. On BARS, we will work on glide swings. On BEAM, we will work on dip steps. Everyone will get to practice their MONKEY BAR skills.

NOV 12 – 16 (MON-FRI)

LESSON FOCUS: VAULT, BARS, BEAM, RINGS

On VAULT, we will work on knees on & straddle on vaults and ½ turn dismounts. On BARS, we will work on pullover drills. On BEAM, we will work on flamingo steps.

NOV 19 – 20 (Monday & Tuesday classes)

LESSON FOCUS: FLOOR, BEAM, MINI-TRAMP

IT'S FOOTBALL WEEK! – WEAR A FOOTBALL SHIRT OR CHEER OUTFIT

NOV 26 – 30 (MON-FRI)

LESSON FOCUS: LOW BEAM, FLOOR, MINI-TRAMP

Football week is fun for both football and cheerleading fans! We will warm up like the football players as well as practice our GYMBUS cheer. Later, we will climb over and jump onto triangle shapes, throw footballs, practice our cheer using pom-poms, jog on the mini-tramp, hop on the beam and search for footballs in the ball pit. Our closing activity allows everyone an opportunity to practice kicking and throwing footballs into the ball pit!

- *Evaluations begin the week of December 17th and continue through January 11th.*
- *Christmas fun on the Gymbus will be the week of December 17th.*
- *Please note that candy will be given out this week at the end of class.*
- *The Gymbus will be closed for Christmas Break from December 24th to January 1st.*