

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, THERE IS EITHER A GYMBUS MAILBOX OR AN AREA
WHERE YOUR CENTER WOULD LIKE YOU TO TURN IN YOUR GYMBUS PAYMENTS.
PLEASE ASK YOUR DAYCARE DIRECTOR WHERE THEY COLLECT 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 12 – 16 (MON - FRI) LESSON FOCUS: BEAM, BARS, FLOOR, BALL PIT

AUG 19 – 23 (MON - FRI) LESSON FOCUS: FLOOR, BEAM, BARS

AUG 26 – 30 (MON - FRI) LESSON FOCUS: ROCK WALL, FLOOR, VAULT

On VAULT, we will work on knees on and straddle on mounts. We will also practice jumping off and landing on 2 feet.
On FLOOR, we will work on roundoffs off of a block. The ROCK WALL will be on this week.

2019-2020 GYMBUS SHIRTS WILL BE HANDED OUT TODAY!

SEPT 3 – 6 (TUES - FRI) LESSON FOCUS: ROCK WALL, FLOOR, MOUNTAIN CLIMBING

On FLOOR, we will work on forward rolls off of a trapezoid. We will MOUNTAIN CLIMB using a rope and stacked trapezoids. The ROCK WALL will be on again this week.

SEPT 9 – 13 (MON - FRI) LESSON FOCUS: VAULT, BARS, BEAM, RINGS

On VAULT, we will work on knees on mounts. On BARS, we will work on pullover drills. On BEAM, we will practice flamingo walks. Everyone will get to swing on the RINGS!

SEPT 16 – 20 (MON - FRI) LESSON FOCUS: FLOOR, BEAM, BARS, MONKEY BARS

On FLOOR, we will work on straddle forward rolls. On BEAM, we will work on soldier kicks. On BARS, we will work on front supports and casting. Everyone will get to practice going across the MONKEY BARS.

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

SEPT 23 – 27 (MON - FRI) LESSON FOCUS: BARS, BEAM, 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!

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 2019-2020 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.

We are excited to welcome back our old friends and to meet lots of new ones too!

Ms. Cathy & Ms. Jenny