

KIDS KLUB GYMBUS NEWSLETTER

******IMPORTANT******

The Gymbus will be closed: 11/28/19 – 11/29/19 for Thanksgiving Break

MONDAY, TUESDAY, & WEDNESDAY CLASSES WILL RUN ON 11/25, 11/26, & 11/27.

The Gymbus will be closed: 12/23/19 – 1/1/20 for Winter Break (classes resume 1/2/20)

Highlights from our last several weeks!

TERM 1 CERTIFICATES WERE HANDED OUT
HALLOWEEN WEEK

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

NOV 4 – 8 (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 11 – 15 (MON-FRI)

LESSON FOCUS: FLOOR, 2 BEAMS, GROSS MOTOR SKILLS

On FLOOR, we will work on forward rolls, tabletops, and bridges. On LOW BEAM, we will work on walking forward and sideways. On HIGH BEAM, we will work on solider kicks. We will practice throwing colored balls into baskets.

NOV 18 – 22 (MON-FRI)

LESSON FOCUS: FLOOR, BEAM

On FLOOR, we will work on horsy kicks (2/3 year olds) and kicking up to handstand (4/5 year olds). We will also work on backward rolls. On BEAM, we will use the springboard to jump onto the BEAM and then walk on tippy toes.

NOV 25 – 27 (Monday - Wednesday classes)

LESSON FOCUS: FLOOR, BEAM, MINI-TRAMP

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

DEC 2 – 6 (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 9th and continue through January 10th.*
- *Christmas fun on the Gymbus will be the week of December 16th.*
- *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 23rd to January 1st.*