

KIDS KLUB GYMBUS NEWSLETTER

*****IMPORTANT*****

The Gymbus will be closed: 12/22/19 – 1/1/20 Winter Break (classes resume 1/2/20)

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

Highlights from our last several weeks!

TERM 2 FUN

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

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 THIS WEEK ON VAULT AND BARS

DEC 9 – 13 (MON-FRI) LESSON FOCUS: VAULT, BARS, RINGS, BALLS

On VAULT, we will work on knees on & straddle on mounts. On BARS, we will work on front supports and forward rolls. We will all begin learning the “I’m a Friendly Snowman” song!

IT'S CHRISTMAS WEEK! – WEAR A FUN HOLIDAY SHIRT!

DEC 16 – 20 (MON-FRI) LESSON FOCUS: LOW BEAM, BARS, TRAMPOLINE

It is Christmas week on the GYMBUS! If you have a fun holiday shirt, wear 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 12/14/19.**

DEC 23 (MONDAY ONLY) LESSON FOCUS: TRAMPOLINE, FLOOR, BARS

This is a MAKE-UP class for BAYER students only due to their center being closed on LABOR DAY.

THE GYMBUS IS CLOSED FROM DECEMBER 22, 2019 – JANUARY 1, 2020

Session 1 evaluations will begin the week of December 9th, 2019 and continue until January 17th, 2020.

Term 3/Session 2 begins the week of January 20th, 2020.

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