

KIDS KLUB GYMBUS NEWSLETTER

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

Highlights from our last several weeks!

EVALUATIONS AND SESSION 1 AWARDS
DINOSAUR WEEK

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

FEB 3 – FEB 7 (MON-FRI)

LESSON FOCUS: ROCK WALL, CARGO NET, VAULT

On the ROCK WALL, we will work on climbing up, touching the ceiling, and climbing back down. Everyone will climb the cargo net (Spiderman web) and touch the ceiling. On VAULT, we will work on knees on.

FEB 10 – 14 (MON-FRI)

LESSON FOCUS: ROCK WALL, BARS, FLOOR

On the ROCK WALL, we will work on climbing across the wall instead of up and down (4 & 5 year olds only). On BARS, we work on using the mini-tramp to jump to front support and casting. On FLOOR, we will work on bridges, cartwheels, tabletops, and wall-walker handstands.

FEB 17 – 21 (MON-FRI)

LESSON FOCUS: TRAMPOLINE, FLOOR, BARS

On TRAMPOLINE, we will work on ½ turns, seat drops, knee drops, and combination drops. On FLOOR, we will work on straddle forward rolls, backbends (4 & 5 year olds), tuck jumps, and straddle jumps. On BARS, we will work on glide swings.

IT'S PJ & STUFFED ANIMAL WEEK

FEB 24 – 28 (MON-FRI)

LESSON FOCUS: VAULT, TRAMPOLINE, BEAM

Be sure to wear your jammies and bring your favorite *SOFT* stuffed animal. On VAULT, we will work on knees and straddle on mounts. On FLOOR, we will work on forward rolls with our stuffed animals. On BEAM, we will walk forward and backwards with our stuffed animals. On BARS, we will practice glide swings with a toy animal and try dropping them into a hula hoop.

Upcoming themed weeks

Cardinal Baseball week: March 23 – 27

Easter week: April 6 – 10

**MARK YOUR CALENDARS NOW FOR THIS YEAR'S
GYMBUS CELEBRATION
SATURDAY, MAY 30, 2020 at FLIPSIDE GYMNASTICS**