

# KIDS KLUB GYMBUS NEWSLETTER

*Welcome back! We hope everyone had a wonderful holiday break!*

**SESSION 2 & TERM 3 PAYMENTS ARE DUE THE WEEK OF JAN 6<sup>TH</sup>.**

As a reminder, payments are due 2 weeks prior to the beginning of each session/term.

The new session/term begins January 20<sup>th</sup>, 2020.

**PAYMENTS ARE LATE IF RECEIVED AFTER CLASS THE WEEK OF JANUARY 20<sup>th</sup>, 2020.**

If you do not know what you owe, please email us and get the correct payment amount.

## Highlights from our last several weeks!

FOOTBALL WEEK  
CHRISTMAS WEEK

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

JAN 2 – 3 (THURS-FRI)

LESSON FOCUS: TRAMPOLINE, FLOOR, BARS

On TRAMPOLINE we will work on seat drops and knee drops. On FLOOR, we will work on straddle rolls. On BARS, we will work on front supports and forward rolls.

#### FINAL WEEK OF EVALUATIONS

JAN 6 – 10 (MON-FRI)

LESSON FOCUS: BARS, TRAMPOLINE, BEAM

This will be our final week of evaluations. Evaluations will conclude on TRAMPOLINE, FLOOR, and BARS.

#### IT'S AWARDS DAY!

JAN 13 – 17 (MON-FRI)

LESSON FOCUS: FLOOR, BEAM, BARS, BALL PIT

On FLOOR, we will work on cartwheels and wall walkers. On BEAM, we will work on kicks with our hands on our hips. On BARS, we will work on monkey hangs. The BALLS will also be on this week! At the end of class, everyone will get their evaluation form and participation ribbon!

#### SESSION 2/ TERM 3 BEGINS THIS WEEK

JAN 20 – 24 (MON-FRI)

LESSON FOCUS: FLOOR, MONKEY BARS, BEAM

On FLOOR, we will work wall walkers and backward rolls. We will climb a ladder and see how far we can go across the MONKEY BARS. We will also work on walking sideways (cross-overs for 3-5 year olds) on BEAM.

*Payments are late after class today!*

#### IT'S DINOSAUR WEEK!

JAN 27 – 31 (MON-FRI)

LESSON FOCUS: LOW BEAM, BALLS, FLOOR

It's Dinosaur week on the Gymbus! We will do warm ups with dinosaurs, and then carry them on our head as we walk on the BEAM. Dinosaurs will also be hidden in our ball pit. We will also use soft dinosaurs to help with forward rolls and tabletops. At the end of class we will play a game with dinosaurs.

***SAVE THE DATE!***

***THIS YEAR'S GYMBUS CELEBRATION WILL BE ON  
SATURDAY, MAY 30<sup>TH</sup>, 2020.***