

KIDS KLUB GYMBUS NEWSLETTER

The **FINAL** term of 2019-2020 Gymbus year begins the week of March 30th, 2020.

Please email us if you need to know your payment amount.

Payments are late if received **AFTER** your child's Gymbus class the week of March 30th.

REMEMBER TO WEAR TENNIS SHOES EVERY WEEK FOR GYMBUS CLASS!

Highlights from our last several weeks!

PJ & Stuffed Animal Week

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

MAR 2 – 6 (MON-FRI)

LESSON FOCUS: BARS, FLOOR, MOUNTAIN CLIMBING

On BARS, we will practice being monkeys by doing monkey hangs. On FLOOR, we will work on handstands and wall walkers. Everyone will practice their MOUNTAIN CLIMBING skills. Let's get ready to CLIMB!

MAR 9 – 13 (MON-FRI)

LESSON FOCUS: FLOOR, BARS, BALL TOSS, FLOOR BAR

On FLOOR, we will work on forward rolls (2/3 year olds) & backward rolls (4/5 year olds). We will also use the FLOOR BAR to work on wall walkers, birdie perches, and snake crawls (2 year olds). On BARS, we will work on front supports and casting. The 4/5 year olds will also practice casting and back hip circles.

MAR 16 – 20 (MON-FRI)

LESSON FOCUS: MONKEY BARS, FLOOR, BARS

On BARS, we will work on pullover drills and casting. We will challenge the 4/5 year olds to see how close they can get to completing a pullover without the mat. On FLOOR, we will work on straddle rolls, bridges, and backbends. The 4/5 year olds that can bridge will get to try bridge-up kickovers on a mat.

IT'S CARDINAL BASEBALL WEEK!

MAR 23 – 27 (MON-FRI)

LESSON FOCUS: BARS, GROSS MOTOR SKILLS

It's Cardinal baseball season once again! We will celebrate Cardinal Baseball all week! Wear your Cardinal baseball shirt or any red shirt so you can help us celebrate the start of the 2019 Cardinal Baseball season. We will practice throwing balls, hitting balls off a t-ball stand, running the bases and many other gross motor skills as we warm up, practice, and condition just like the baseball players do!

Don't forget Gymbus Term 4 payments are late if paid after your child's class next week.

Gymbus Celebration information will be emailed on Sunday, April 19th, 2020.

This year's celebration will be on May 30th at FlipSide Gymnastics in St. Charles.

Shows will be held between 9am & 2pm.

Be sure to mark your calendar now!