

KIDS KLUB GYMBUS NEWSLETTER

The **FINAL** term of 2020-2021 Gymbus year begins the week of April 5th, 2021.

Email us if you need to know your payment amount.

Payments are late if received **AFTER** your child's Gymbus class the week of April 5th.

WELCOME BACK BRIGHT START – LAKE ST. LOUIS!

Highlights from our last several weeks!

Dinosaur Week

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

EASTER WEEK & END OF TERM 3 MEDAL CEREMONY

MAR 29 – APR 2 (MON-FRI)

LESSON FOCUS: FLOOR, BARS, LOW BEAM

On BARS, everyone will swing with a bunny between their legs and then try to drop the bunny into a hula-hoop. We will hop over bunnies on LOW BEAM, as well as throw baby bunnies into the basketball hoop. We will also practice forward rolls with a bunny under our chin. A bunny toss will be our closing activity along with a smarty Easter candy! Everyone will get a participation medal at the end of class.

THE FINAL GYMBUS TERM BEGINS!

APR 5 – 9 (MON-FRI)

LESSON FOCUS: VAULT, FLOOR, BARS, BEAM

On BARS, everyone will practice monkey hangs. On VAULT, we will work on knees on & straddle on vaults. On BEAM, we will work on ice cream scoops. On FLOOR, we will work on bridges, tabletops, and rolls.

Gymbus payments are late if paid after your child's class today.

IT'S CARDINAL BASEBALL WEEK!

APR 12 – 16 (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!

APR 19 – 23 (MON-FRI)

LESSON FOCUS: BARS, FLOOR, BEAM, MONKEY BARS

On BARS, we will work on monkey hangs! On FLOOR, we will work on straddle forward rolls (standing and sitting). On BEAM, we will work on soldier walks. Everyone will get to climb the ladder and see how far across the MONKEY BARS they can go. The 2's will try to jump off the landing area and land on 2 feet.

APR 26 – 30 (MON-FRI)

LESSON FOCUS: BEAM, FLOOR, BARS, RINGS

On BEAM, we will work on tapping cones with sticks. On FLOOR, we will work on forward rolls and bridges. On BARS, we will use the mini-tramp to practice jumping to front support and casting. We will use the ladder to climb up to the top of a trapezoid and jump off. Everyone will take lots of turns swinging on the RINGS.

**UNFORTUNATELY, DUE TO COVID THERE WILL BE NO GYMBUS CELEBRATION THIS YEAR.
WE WILL BE WORKING ON A SPECIAL AWARDS CEREMONY VIDEO FOR ALL PARENTS.
STAY TUNED FOR MORE DETAILS!**