

# KIDS KLUB GYMBUS NEWSLETTER

THANK YOU FOR ALLOWING US THE OPPORTUNITY TO WORK WITH YOUR CHILD THIS YEAR!  
WE ARE LOOKING FORWARD TO A GREAT YEAR FULL OF GYMNASTIC LEARNING!  
AT EACH DAYCARE, THERE IS EITHER A GYMBUS MAILBOX OR AN AREA  
WHERE YOUR CENTER WOULD LIKE YOU TO TURN IN YOUR GYMBUS PAYMENTS.  
PLEASE ASK YOUR DAYCARE DIRECTOR WHERE THEY COLLECT GYMBUS PAYMENTS.  
NEWSLETTERS ARE E-MAILED EVERY 3-5 WEEKS AND ARE AIMED AT KEEPING ALL PARENTS  
INFORMED REGARDING THE WEEKLY GYMBUS ACTIVITIES AND THEMED WEEKS.  
**PLEASE NOTE: PAYMENTS MADE BY THE TERM (10 WEEKS) or BY THE SESSION  
(20 WEEKS) ARE DUE 2 WEEKS PRIOR TO THE BEGINNING OF EACH TERM/SESSION.**

*Please feel confident that we are following guidelines suggested by the CDC regarding cleaning and sanitizing of the Gymbus. Feel free to contact us with any questions or concerns you may have.*

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

AUG 17 – 21 (MON - FRI) LESSON FOCUS: MONKEY BARS, FLOOR, BEAM

AUG 24 – 28 (MON - FRI) LESSON FOCUS: RINGS, VAULT, BARS, FLOOR

AUG 31 – SEPT 4 (MON - FRI) LESSON FOCUS: BARS, FLOOR, BEAM

SEPT 7 – 11 (TUES - FRI) LESSON FOCUS: BARS, FLOOR, BEAM

On BARS, we will work on glide swings using a hula hoop and stuffed bunny. On FLOOR, we will work on straddle forward rolls, cartwheels, & wall walkers. On BEAM, we work on walking down the “hill” using the skinny, low beam.

SEPT 14 – 18 (MON - FRI) LESSON FOCUS: ROCKWALL, VAULT, NINJA COURSE

*TENNIS SHOES ARE A MUST TODAY!* We will continue to practice our ROCK CLIMBING skills. On VAULT, we will practice jumping and straddle mounts. We have a fun NINJA COURSE this week with triangles and trapezoids.

### **2020-2021 GYMBUS SHIRTS WILL BE HANDED OUT OVER THE NEXT 2 WEEKS!**

SEPT 21 – 25 (MON - FRI) LESSON FOCUS: ROCK WALL, MOUNTAIN CLIMBING, BEAM

*TENNIS SHOES ARE A MUST TODAY!* On BEAM, we will work on walking carefully down the beam while tapping sticks on cones as we go. Everyone will practice climbing the ROCK WALL and MOUNTAIN CLIMBING with a rope.

### **IT'S BACKWARDS WEEK! – WEAR YOUR GYMBUS SHIRT BACKWARDS!**

SEPT 28 – OCT 2 (MON - FRI) LESSON FOCUS: BARS, BEAM, FLOOR

Today we will be doing everything BACKWARDS! We will board the bus from the BACK using a step ladder. On FLOOR, we will work on backwards rolls and crab walks. On VAULT, we will do ½ turns off the block. On BEAM, we will walk backwards. We will slide backwards down the slide. IT'S A CRAZY 2 STAMP DAY!

\*\*\*Just a reminder: Tennis shoes must be worn each week on Gymbus. This is for the safety of all children.\*\*\*

*Along with this newsletter, you will find a curriculum sheet and 2 GYMBUS calendars for the 2020-2021 GYMBUS year. The curriculum sheet highlights the major skills we will teach on the GYMBUS over the course of the year. The curriculum sheet is the same for all children in our program regardless of their age. We believe that all children come into our program with different levels of gymnastic experience. Rather than teach children skills they may already know, our curriculum allows us to continually build on past skill knowledge and constantly challenge children with new gymnastic learning. **The calendars indicate dates closed, the beginning of each of our 4 GYMBUS terms and when payments are due.***

**We are excited to welcome back our old friends and hope to meet lots of new ones too!**

**Ms. Cathy & Ms. Jenny**