

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

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

FEB 1 – 5 (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.

FEB 8 – 12 (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.

FEB 15 – 19 (MON-FRI)

LESSON FOCUS: BARS, CARGO NET, BEAM, FLOOR

On BARS, we will work on pullover drills. On BEAM, we will practice walking on our tippy toes as well as turns. On FLOOR, we will work on backward rolls & kick-over drills. We will hang our "Spiderman" CARGO NET on the monkey bars and practice climbing the spider web and touching the ceiling.

IT'S DINOSAUR WEEK!

FEB 22 – 26 (MON-FRI)

LESSON FOCUS: LOW BEAM, 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. On FLOOR, we will work on cartwheels. Using baby dinosaurs as "balls", we will try to toss them into a basketball hoop. We will also use soft dinosaurs to help with forward rolls and tabletops. At the end of class we will play a fun game with dinosaurs.

Upcoming themed weeks

PJ & Stuffed Animal week

Easter week

Cardinal Baseball week