

KIDS KLUB GYMBUS NEWSLETTER

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

SESSION 2 & TERM 3 PAYMENTS ARE NOW DUE.

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

The new session/term begins January 25th, 2021.

PAYMENTS ARE LATE IF RECEIVED AFTER CLASS THE WEEK OF JANUARY 25th, 2021.

If you do not know what you owe, please email me to 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

EVALUATIONS WILL CONTINUE ON ALL EVENTS

JAN 4 – 8 (MON-FRI)

LESSON FOCUS: TRAMPOLINE, FLOOR, BARS

This week we will evaluate TRAMPOLINE, BARS, and FLOOR.

JAN 11 – 15 (MON-FRI)

LESSON FOCUS: TRAMPOLINE, BEAM, BARS

We will finish evaluations on TRAMPOLINE, BARS, and FLOOR. Additionally, we will also evaluate body positions and BEAM this week.

IT'S AWARDS DAY!

JAN 18 – 22 (MON-FRI)

LESSON FOCUS: PARALLEL BARS, VAULT, BEAM

On PARALLEL BARS, we will work on front supports and table tops. The 2's will hang and climb their feet up the wall. On VAULT, we will work on mounts and dismounts. On BEAM, we will work on step-kicks. At the end of class, everyone will get their evaluation form and a participation ribbon to take home!

SESSION 2/ TERM 3 BEGINS THIS WEEK

JAN 25 – 29 (MON-FRI)

LESSON FOCUS: P-BARS, FLOOR, MOUNTAIN CLIMB

Be sure to wear tennis shoes as everyone will get to climb our "mountain" of mats using a rope!

On FLOOR, we will work on handstands & wall-walkers. On BEAM, we will work on ice-cream scoops or flamingo walks. On PARALLEL BARS, we will continue working on mounts and add tabletops & swinging legs from one side to the other. ***Payments are late after class today!***

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.