

# KIDS KLUB GYMBUS NEWSLETTER

WELCOME BACK STRICTLY PEDIATRICS!

**Highlights from our last several weeks!**

**LOTS & LOTS OF SNOW so we try DINOSAUR WEEK OVER AGAIN!**

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

## **IT'S DINOSAUR WEEK!**

MAR 1 – 5 (MON-FRI)

LESSON FOCUS: LOW BEAM, FLOOR, PARALLEL BARS

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. We will also use soft dinosaurs to help with forward rolls and create dinosaur tabletops on the PARALLEL BARS. Using tiny baby dinosaurs as "balls", we will try to toss them into laundry baskets. At the end of class we will play a fun game with dinosaurs.

## **IT'S DINOSAUR WEEK AGAIN!**

MAR 8 – 12 (MON-FRI)

LESSON FOCUS: PARALLEL BARS, LOW BEAM, FLOOR

Dinosaur week is always a favorite week, so...we thought we would do it 2 weeks in a row!!! We will do warm ups again with dinosaurs, and then carefully step over dinosaurs on the BEAM. On FLOOR, we will work on backward rolls and tabletops with stuffed dinosaurs. Using soft baby dinosaurs as "balls", we will create challenging basket areas to throw dinosaurs into. At the end of class we will play a game using dinosaur plates.

MAR 15 – 19 (MON-FRI)

LESSON FOCUS: ROCK WALL, MOUNTAIN CLIMBING

On BEAM, we will use cones and sticks to carefully tap cones. We will all climb to the top of the ROCK WALL and try to touch the ceiling. Everyone will also get to be MOUNTAIN CLIMBERS!

**Tennis shoes are a must this week!**

MAR 22 – 26 (MON-FRI)

LESSON FOCUS: NINJA SKILLS, VAULT, ROCK WALL

On VAULT, we will work on springboard skills. We will have an obstacle NINJA COURSE including triangles, trapezoids, and ninja stones. We will practice ROCK WALL skills again.

MAR 29 – APR 2 (MON-FRI)

EASTER WEEK

APR 5 – 9 (MON-FRI)

CARDINAL BASEBALL WEEK