

KIDS KLUB GYMBUS NEWSLETTER

*There will be no Gymbus Celebration this year due to COVID restrictions.
We are currently working on some ideas to make our last week extra special!
Children will still receive their end of the year trophy – however, it will be given to
them the final week of Gymbus.*

Highlights from our last several weeks!

EASTER WEEK
CARDINALS WEEK

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

MAY 3 – 7 (MON-FRI)

LESSON FOCUS: BARS, FLOOR, VAULT

On BARS, we will work on pullover drills. The 5's will work on pullover drills without a mat. On FLOOR, we will work on backward rolls. On VAULT, we will work on knees on and straddle on mounts and fun dismounts.

MAY 10 – 14 (MON-FRI)

LESSON FOCUS: LOW BEAM, FLOOR, BARS

On FLOOR, we will work on standing forward and straddle forward rolls. On BEAM, we will work on walking sideways and learning the grapevine step. On BARS, we will work on forward rolls, casting, and forward roll dismounts. We will introduce the 5's to back hip circles (if ready).

EVALUATIONS BEGIN

MAY 17 - 21 (MON-FRI)

LESSON FOCUS: FLOOR, LOW BEAM, BARS

On FLOOR, we will test a variety of rolls and cartwheels. On BARS, we will test swinging, front support, and forward rolls. On LOW BEAM, we will practice soldier kicks. Our wavy slide will be on for extra fun!

EVALUATIONS CONTINUE

MAY 24 – 28 (MON-FRI)

LESSON FOCUS: PARALELL BARS, VAULT, BEAM

We will test PARALLEL BARS and VAULT today. On BEAM, we will work on walking backwards.

EVALUATION END

JUNE 1 – 4 (TUES-FRI)

LESSON FOCUS: TRAMPOLINE, MONKEY BARS, BARS

We will evaluate TRAMPOLINE and MONKEY BARS this week. Additionally, we will finish testing BARS.

AWARDS & GYMBUS SHIRT DAY

JUNE 7 – 11 (MON-FRI)

LESSON FOCUS: BARS, FLOOR, BEAM, TRAMPOLINE

Classes this week will be filled with end of the year fun! Everyone will get a Gymbus trophy as well as a session 2 evaluation. We will be taking year end pictures, lots of videos, and will be getting a picture of every student getting their trophy!

HAVE A GREAT SUMMER!

BEST OF LUCK TO ALL OF OUR FRIENDS HEADING OFF TO KINDERGARTEN IN THE FALL!

HOPE TO SEE ALL THE REST OF OUR FRIENDS BACK ON THE GYMBUS IN AUGUST!