

# WELCOME TO KIDS KLUB GYMBUS

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.**

*Along with this newsletter, you will find a curriculum sheet and 2 GYMBUS calendars for the 2022-2023 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.*

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

**We are excited to welcome back our old friends and can't wait to get to know lots of new ones too!**

**Ms. Cathy & Ms. Jenny**

**BE SURE TO SCROLL DOWN TO READ THE SEPTEMBER NEWLSETTER.**

# KIDS KLUB GYMBUS NEWSLETTER

## August & September

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

AUG 22 – 26 (MON - FRI)

LESSON FOCUS: BARS, VAULT, MONKEY BARS, BEAM

AUG 29 – SEPT 2 (MON - FRI)

LESSON FOCUS: FLOOR, BEAM, BARS, BALL PIT

SEPT 6 – 9 (TUES - FRI)

LESSON FOCUS: BARS, FLOOR, BEAM, BALL PIT

On BARS, we will work on monkey hangs and everyone will earn a monkey stamp for trying. On FLOOR, we will work on straddle forward rolls & wall walkers. On BEAM, we will work on tapping sticks on cones while walking forward down the balance beam. The BALL PIT will be on for another week.

SEPT 12 – 16 (MON - FRI)

LESSON FOCUS: PARALLEL BARS, MOUNTAIN CLIMB, BEAM

On PARALLEL BARS, we will work on climbing onto the bars (2/3 year olds) and front supports (4/5 year olds). Everyone will get to use the rope and MOUNTAIN CLIMB to the top of the trapezoid “mountain”. On BEAM, we will practice stepping over bean bags with our hands on our hips.

**2022-2023 GYMBUS SHIRTS WILL BE HANDED OUT THIS WEEK!**

SEPT 19 – 23 (MON - FRI)

LESSON FOCUS: VAULT, FLOOR, PARALLEL BARS

On VAULT, we will work on mounts (knees on & straddle on). On FLOOR, we will work on wall walkers and handstands. We will continue practicing skills on the PARALLEL BARS as well as trying tabletops too.

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

SEPT 26 – 30 (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 turn dismounts off the vaulting blocks. On BEAM, we will walk backwards. IT'S A CRAZY 2 STAMP DAY!