

KIDS KLUB GYMBUS NEWSLETTER

*****IMPORTANT*****

The Gymbus will be closed: 12/23/22 – 1/2/23 Winter Break (classes resume 1/3/23)

Session 2/Term 3 payments are due the week of January 9 - 13, 2023.

Highlights from our last several weeks!

FOOTBALL WEEK

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

NOV 28 – DEC 2 (MON-FRI)

LESSON FOCUS: BEAM, FLOOR, NINJA FUN

We will use big triangle mats to help us climb into the ball pit and slide out of the pit. On the BEAM, we will walk carefully without touching the bus. On FLOOR, we will work on cartwheels and wall-walker handstands. We will also work on table tops & v-sits. We will climb our soft steps and decide how “brave” we will be jumping off the steps onto the mini tramp.

DEC 5 – 9 (MON-FRI)

LESSON FOCUS: BEAM, FLOOR, BAR, NINJA FUN

On BEAM, we will carry different numbers of pit balls while walking on the balance beam using our best balancing skills. On FLOOR, we will practice forward rolls. On BARS, we will use our single bar to practice being snakes (2-3 year olds) or being a bird by doing birdy perches (3-5 year olds). We will all begin learning the “I’m a Friendly Snowman” song!

EVALUATIONS BEGIN THIS WEEK ON TRAMPOLINE AND FLOOR

DEC 12 – 16 (MON-FRI)

LESSON FOCUS: TRAMPOLINE, FLOOR, BARS

This week we will begin testing skills on the BIG TRAMPOLINE and FLOOR. We will work on pullover drills on the BARS and walking forward and sideways on the skinny floor BEAM. We will continue practicing the “I’m a Friendly Snowman” song!

IT’S CHRISTMAS WEEK! – WEAR A FUN HOLIDAY SHIRT!

DEC 19 – 23 (MON-FRI)

LESSON FOCUS: LOW BEAM, BARS, TRAMPOLINE

It is Christmas week on the GYMBUS! If you have a fun holiday shirt, where it to class this week! We will practice our new song “I’m a Friendly Snowman” during warm ups and continue practice ½ turns and full turns in and out of our “friendly snowman” made of hula hoops. On LOW BEAM, we will work on dip steps. On BARS, we will drop holiday stuffed animals into hula hoops. On TRAMPOLINE, we will work on jumps, seat drops, and knee drops. We have a great closing activity planned as well as a Christmas candy treat. **IF YOUR CHILD CANNOT HAVE CHOCOLATE, PLEASE BE SURE TO NOTIFY THE GYMBUS BY 12/16/22.**

THE GYMBUS IS CLOSED FROM DECEMBER 23, 2022 – JANUARY 2, 2023

Session 1 evaluations will begin the week of December 12th, 2022 and continue until January 13th, 2023.

Term 3/Session 2 begins the week of January 23rd, 2023.

HAPPY HOLIDAYS!
Ms. Cathy & Ms. Jenny