

# KIDS KLUB GYMBUS NEWSLETTER

WELCOME TO TERM 2 (11/7/22 – 1/20/23)

\*\*\*\*\*IMPORTANT\*\*\*\*\*

*The Gymbus will be closed: 11/24/22 – 11/25/22 for Thanksgiving Break*

*11/24 classes will be made up once we coordinate with the individual centers.*

*The Gymbus will be closed: 12/26/22 – 1/2/23 for Winter Break (classes resume 1/3/23)*

TERM 2 PAYMENTS ARE NOW DUE.

LATE FEES WILL BE WAIVED UNTIL AFTER YOUR CHILD'S CLASS THE WEEK OF 11/7/22

Be sure to include your child's name and daycare in the comment area.

Venmo: Cathy-BrownsteinGriewing

Zelle: kidsklubgymbus@yahoo.com

## Highlights from our last several weeks!

TERM 1 CERTIFICATES WERE HANDED OUT  
HALLOWEEN WEEK

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

NOV 7 – 11 (MON-FRI)

LESSON FOCUS: BEAM, VAULT, BARS, RINGS

On BEAM, we will practice walking forward and soldier kicks. On VAULT, we will work on jumping off a springboard and landing on different numbers on our hopscotch mat. On BARS, we will do monkey hangs and even get a cool monkey stamp! On RINGS, we will practice swings and upside down hangs.

### IT'S FOOTBALL WEEK! – WEAR A FOOTBALL SHIRT OR CHEER OUTFIT

NOV 14 – 18 (MON-FRI)

LESSON FOCUS: LOW BEAM, FLOOR, MINI-TRAMP

Football week is fun for both football and cheerleading fans! We will warm up like the football players as well as practice our GYMBUS cheer. Later, we will climb over and jump onto triangle shapes, throw footballs, practice our cheer using pom-poms, jog on the mini-tramp, and hop on the beam. Our closing activity allows everyone an opportunity to practice kicking and throwing footballs!

NOV 21 – NOV 25 (MON-FRI)

LESSON FOCUS: BEAM, GROSS MOTOR & NINJA FUN

We will be using the mini-tramp, hula hoops, and mats to provide a fun jumping and climbing environment. We brought different height NINJA STONES to create a multi-level stepping path. We will use different size hula hoops to assist in balancing skills on the balance beam and then try to ring-the-hula-hoop around a cone at the end of the balance beam.

NOV 24 – 25 (All classes)

Strictly Pediatrics – Maryland Heights  
Karen's Kids

**GYMBUS CLOSED FOR THANKSGIVING BREAK**

Monday, 11/21/22 @ 9:00am  
Tuesday, 11/29/22 @ 2:00pm

- Christmas fun on the Gymbus will be December 19<sup>th</sup> - 23<sup>rd</sup>.
- Please note that candy will be given out this week at the end of class.