

KIDS KLUB GYMBUS NEWSLETTER

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

Highlights from our last several weeks!

EVALUATIONS AND
SESSION 1 AWARDS

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

JAN 30 – FEB 3 (MON-FRI) LESSON FOCUS: FLOOR, MOUNTAIN CLIMB, ROCK WALL
On FLOOR, we will work on handstands, wall walkers, tabletops, and V-sits. We will practice using the springboard to see how far we can jump onto a hopscotch mat. Everyone will get to practice their MOUNTAIN CLIMBING & ROCK WALL skills.

FEB 6 – 10 (MON-FRI) LESSON FOCUS: ROCK WALL, CARGO NET, VAULT
On FLOOR, we will work on roundoffs off of a trapezoid. On VAULT, we will use the springboard to practice knees on and straddle on mounts. The ROCK WALL will be on again this week. We will hang our “Spiderman” CARGO NET on the monkey bars and practice climbing the spider web and touching the ceiling.

FEB 13 – 17 (MON-FRI) LESSON FOCUS: BAR, FLOOR, BEAM, MINI-TRAMP
On BARS, we will work on pullover drills. On BEAM, we will work on flamingo walks. On FLOOR, we will work on straddle forward rolls. On MINI-TRAMP, we will practice jumping jacks.

FEB 20 – 24 (MON-FRI) LESSON FOCUS: BAR, FLOOR, BEAM, BASKETBALL HOOP
On BARS, we will work on front supports, casting, and forward roll dismounts. On BEAM, we will walk with mini rings and try to toss them on a cone at the end of the beam. On FLOOR, we will work on backward rolls. We will toss bean bags into the BASKETBALL HOOP from different spots on the floor.

IT'S DINOSAUR WEEK!

BE SURE TO WEAR A FUN DINOSUAR SHIRT IF YOU HAVE ONE!

FEB 27 – MAR 3 (MON-FRI) LESSON FOCUS: LOW BEAM, FLOOR, BALL PIT
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 over dinosaurs. We will also use soft dinosaurs to help with forward rolls and tabletops. Hiding in our BALL PIT, we will have lots of “baby” dinosaurs for the kids to find! At the end of class, we will play a fun game with dinosaurs. It will be a super fun day with everyone getting 2 STAMPS – 1 big dinosaur and 1 baby dinosaur stamp!