

# KIDS KLUB GYMBUS NEWSLETTER

*Our FINAL Gymbus term begins the week of April 3-8, 2023!*

## Highlights from our last several weeks!

### DINOSAUR WEEK

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

MAR 6 – 10 (MON-FRI)

LESSON FOCUS: MONKEY BARS, FLOOR, BALL PIT

Since dinosaur week was so much fun, we decided to add some more dino fun to this week as well! The BALL PIT stayed on – and so did all the baby dinosaurs that like to hide in there. We will climb a ladder onto a trapezoid. From there, everyone will get to try the MONKEY BARS. On FLOOR, we will work on forward rolls and backward rolls (4/5-year-olds). Our ending game was with dinosaur plates and balloons!

MAR 13 – 17 (MON-FRI)

LESSON FOCUS: PARALLEL BARS, VAULT, FLOOR

On PARALLEL BARS, we will work on climbing onto the bars, front supports, and tabletops. On VAULT, we will work on knees on and fun dismounts. On FLOOR, we will work on handstands (donkey kicks). We will have a ninja stone obstacle course as well.

### TERM 4 PAYMENTS ARE NOW DUE

MAR 20 – 24 (MON-FRI)

LESSON FOCUS: P-BARS, MOUNTAIN CLIMB, BEAM

On PARALLEL BARS, we will continue skills from last week as well as a side dismount (4/5 year olds). Everyone will MOUNTAIN CLIMB using stacked trapezoids and a rope. On BEAM, we will practice “ice cream scoops” and then tossing bean bags into a basket.

### IT'S CARDINAL BASEBALL WEEK!

Mar 27 – 31 (MON-FRI)

LESSON FOCUS: BARS, GROSS MOTOR SKILLS

It's Cardinal baseball season once again! We will celebrate Cardinal Baseball all week! Wear your Cardinal baseball shirt or any red shirt so you can help us celebrate the start of the 2023 Cardinal Baseball season. We will practice throwing balls, hitting balls off a t-ball stand, running the bases and many other gross motor skills as we warm up, practice, and condition just like the baseball players do!

### TERM 4 BEGINS

#### EASTER WEEK

APR 3 – 7 (MON-FRI)

LESSON FOCUS: FLOOR, BARS,

This week, we will be doing lots of hopping: hopscotch and mini-tramp. On BARS, everyone will swing with a bunny between their legs and then try to drop it into a hula-hoop. We will hop over bunnies on HIGH BEAM, as well as search for hidden bunnies in the ball pit. A bunny toss will be our closing activity along with a chocolate Hershey kiss Easter candy!

**BE SURE TO LET US KNOW BY E-MAIL NO LATER THAN 4/1 IF YOUR CHILD CANNOT HAVE CHOCOLATE.**