

# 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 LOTS OF GYMNASTIC LEARNING!

AT EACH DAYCARE, THERE IS AN AREA WHERE YOUR CENTER WOULD LIKE YOU TO TURN IN YOUR GYMBUS PAYMENTS. PLEASE ASK YOUR DAYCARE DIRECTOR WHERE THEY COLLECT GYMBUS PAYMENTS. REMEMBER, WE TAKE VENMO & ZELLE PAYMENTS AS WELL.

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 2023-2024 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 AUGUST/SEPTEMBER NEWSLETTER.**

# KIDS KLUB GYMBUS NEWSLETTER

## August & September

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

**GYMBUS SHIRTS WILL BE HANDED OUT BETWEEN WEEKS 3 & WEEKS 5.**

### AUGUST

AUG 21 – 25 (MON - FRI)

LESSON FOCUS : PARALLEL BARS, VAULT, BEAM

On PARALLEL BARS, we will work on climbing onto the bars (2/3-year-olds) and front supports (4/5-year-olds). On VAULT, we will work on knees on mounts and landing on 2 feet dismounts. On BEAM, we will work on soldier kicks. Everyone will practice horsey kick handstands.

AUG 28 – SEPT 1 (MON - FRI)

LESSON FOCUS : MOUNTAIN CLIMB, PARALLEL BARS, BEAM

On PARALLEL BARS, we will continue working on front supports & practice staddle on mounts. Everyone will get to use the rope and MOUNTAIN CLIMB to the top of our trapezoid “mountain”. On BEAM, we will practice stepping over bean bags with our hands on our hips.

### SEPTEMBER

SEPT 4 – 8 (TUES - FRI)

LESSON FOCUS : BARS, BEAM, FLOOR

On Bars we will work on front supports and forward roll dismounts. On BEAM, we will work on walking like a flamingo. On FLOOR, we will work on forward rolls. On MINI-TRAMP, we will practice apart-together jumps. Our wavy slide will be on the bus for some silly sliding.

### IT'S BACKWARDS WEEK!

SEPT 11 – 15 (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 & on BARS we will work on back pullover drills by bringing our tummies (and belly buttons for the older kids) to the bar. IT'S A CRAZY 2 STAMP DAY!

SEPT 18 – 22 (MON - FRI)

LESSON FOCUS : MONKEY BARS, BARS, BEAM

On BARS, we will work on front supports and casting. On BEAM, we will work on walking on tippy toes. On FLOOR, we will work on staddle forward rolls. Everyone will try to complete the MONKEY BARS!

SEPT 25 – 29 (MON - FRI)

LESSON FOCUS : VAULT, RINGS, BARS, BALL PIT

On VAULT, we will work on knees on & straddle on mounts. On RINGS, everyone can either swing or practice doing a trick. On BARS, we will work on pullover drills. Everyone's favorite...the BALL PIT will be on!