

KIDS KLUB GYMBUS NEWSLETTER

WELCOME TO TERM 2 (10/30/23 – 1/19/24)

*****IMPORTANT*****

The Gymbus will be closed: 11/22/23 – 11/24/23 for Thanksgiving Break

The Gymbus will be closed: 12/22/23 – 1/2/24 for Winter Break (classes resume 1/3/24)

TERM 2 PAYMENTS ARE NOW DUE.

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

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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

OCT 30 – NOV 3 (MON-FRI)

LESSON FOCUS: ROCK WALL, MOUNTAIN CLIMB, FLOOR

Everyone will have a final week to practice climbing up & across the ROCK WALL. We will MOUNTAIN CLIMB again this week. Be sure to have your child wear or bring tennis shoes. On FLOOR, we will work on forward rolls and wall-walker handstands.

NOV 6 – 10 (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.

NOV 13 – 17 (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.

NOV 20 – NOV 21 (MON-TUES)

LESSON FOCUS: BEAM, GROSS MOTOR & NINJA FUN

NOV 22 – 24 (All classes) GYMBUS CLOSED FOR THANKSGIVING BREAK

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.

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

NOV 27 – DEC 1 (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!