

KIDS KLUB GYMBUS NEWSLETTER

**BE SURE TO CHECK FACEBOOK OVER THE NEXT FEW WEEKS.
WE WILL BE ADDING A BUNCH OF PHOTOS FROM PREVIOUS WEEKS
AS WELL AS PICTURES OF OUR NEW GYMBUS!**

Highlights from our last several weeks!

EVALUATION & RIBBON WEEK
DINOSAUR WEEK

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

IT'S DINOSAUR WEEK! (PART 2)

JAN 29 – FEB 2 (MON-FRI)

LESSON FOCUS: BALL PIT, FLOOR, BEAM, MONKEY BARS

It is Dinosaur week (PART 2) on the Gymbus! This week, we will carefully step over dinosaurs on the BEAM. After climbing in the BALL PIT and hunting for baby dinosaurs, everyone will get to roll with a baby dinosaur under their chin. Our new red MONKEY BARS everyone will have fun to try to swing across. For our ending activity, we will use dinosaur plates and purple balloons to play “keepy-uppy”. Of course, we have another big dinosaur stamp!

FEB 5 – 9 (MON-FRI)

LESSON FOCUS: BEAM, FLOOR, BARS

This week on BEAM, the 2's & 3's will practice walking sideways while the 4's & 5's will practice walking on tip-toes. On FLOOR, everyone will work on straddle forward rolls. On BARS, we will practice our monkey hangs. Some expert monkeys will even attempt to try a few 'harder' monkey skills. Everyone will earn a special monkey stamp for their efforts.

FEB 12 – 16 (MON-FRI)

LESSON FOCUS: TRAMPOLINE, FLOOR, BARS

On TRAMPOLINE, we will work on ½ turns, seat drops, knee drops, and combination drops. On FLOOR, we will work on forward rolls & tabletops (2- & 3-year-olds), backward rolls & backbends (4- & 5-year-olds). Everyone will practice tuck jumps and straddle jumps on the floor. On BARS, we will work on glide swings.

IT'S PJ & STUFFED ANIMAL WEEK

FEB 19 – 23 (MON-FRI)

LESSON FOCUS: VAULT, TRAMPOLINE, BARS

Be sure to wear your jammies and bring your favorite *SOFT* stuffed animal. First, we will warm up with stuffed animals. On VAULT, we will work on running and jumping with 2 feet and landing correctly (sticking like glue) on a mat. On FLOOR, we will work on forward rolls with our stuffed animals. On BARS, we will practice glide swings with a toy animal and try to drop the animal into a hula hoop on the mat. On TRAMPOLINE we will continue working on last weeks skills as well as some fun activities with stuffed animals (bouncing them as high as possible, jumping and catching them, and a few other tricks to try).

FEB 26 – MAR 1 (MON-FRI)

LESSON FOCUS: BARS, FLOOR, TRAMPOLINE

On BARS, we will work on pullover drills. Pre-K kids, if ready, will work on pullover drills without a mat. We will move the trampoline to the front of the bus this week. Everyone will crawl under it to get on the Gymbus! On TRAMPOLINE, we will continue working on ½ turns, seat drops, knee drops, and combination drops. On FLOOR, we will work on cartwheels. This week, everyone will get to practice their favorite roll on the roll mat.