

KIDS KLUB GYMBUS NEWSLETTER

Our FINAL Gymbus term begins the week of April 1-5, 2024!

Highlights from our last several weeks!

EASTER WEEK
END OF TERM 3 – RIBBONS AWARDED TO EVERYONE

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

IT'S CARDINAL BASEBALL WEEK!

APR 8 - 12 (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 2024 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!

APR 15 – 19 (MON-FRI)

LESSON FOCUS: BEAM, GROSS MOTOR & NINJA FUN

We will be using mats & triangle shapes to provide a fun jumping and climbing environment. We will bring in different height NINJA STONES, BALANCING BALLS & a CURVY SNAKE BALANCE BEAM to create a multi-level stepping/balancing path. We will use different colored 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.

APR 22 – 26 (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 basketball hoop. **BE SURE TO WEAR YOUR TENNIS SHOES.**

APR 29 – MAY 1 (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) and cartwheels. We will also practice our hopscotching skills.

- EVALUATIONS WILL BEGIN THE LAST WEEK IN APRIL & CONTINUE THROUGH MAY.
- AWARDS WEEK WILL BE THE LAST WEEK OF OUR GYMBUS YEAR: JUNE 3-7, 2024