

KIDS KLUB GYMBUS NEWSLETTER

Our FINAL Gymbus term began the week of March 30, 2026!

Highlights from our last several weeks!

BASEBALL WEEK
EASTER WEEK
END OF TERM 3 – MEDALS AWARDED TO EVERYONE

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

BUNNIES EVERYWHERE!

APR 6 – 10 (MON-FRI)

LESSON FOCUS: BARS, FLOOR, BALLS, BEAM

Our fun with bunnies continues this week! We will incorporate bunnies into our gymnastics learning time again this week. On FLOOR, we will roll with bunnies under our chins. On BEAM, we will practice walking while balancing bunnies on our heads. On BARS, we will practice pullover drills. We will practice climbing a ladder and jumping into the ball mat where lots and lots of stuffed baby bunnies will be hiding from last week!

APR 13 – 17 (MON-FRI)

LESSON FOCUS: FLOOR, BARS, BEAM, CARGO NET

On FLOOR, we will practice cartwheels using our new cartwheel block. On BARS, we will use a yoga ball to practice working glide swings. We will use the BALANCE BEAM to practice building arm strength by putting our feet on the beam and our hands on the beam and moving sideways from one side of the beam to the other. We will hang our SPIDERMAN CARGO NET to practice climbing to the top and touch the ceiling!

APR 20 – 24 (MON-FRI)

LESSON FOCUS: VAULT, FLOOR, BARS, SWING LADDER

On VAULT, we will practice knees on and squat on mounts. On FLOOR, we will practice backward rolls with the 4's & 5's. We will practice forward rolls with the 2's & 3's. On BARS, we will practice monkey hangs. Our new swing ladder will be back on the bus again this week for the kids to swing and climb.

EVALUTIONS BEGIN THIS WEEK

APR 27 – MAY 1 (MON-FRI)

LESSON FOCUS: TRAMPOLINE, MONKEY BARS, BEAM

Testing will begin on TRAMPOLINE and MONKEY BARS. On BARS, we will work on front supports, casting, and forward roll dismounts. On BEAM, we will work on walking on tippy toes. On FLOOR, we will work on straddle forward rolls. Everyone will try to complete the MONKEY BARS!

DISNEY & STUFFED ANIMAL WEEK

MAY 4 – 8 (MON-FRI)

LESSON FOCUS: FLOOR, TRAMPOLINE, MOUNTAIN CLIMB

This week we will have the bus set in a Disney theme. If you have a favorite Disney shirt, we would love to see it! During warm-ups, we will use our stuffed animals to help us stretch. We will pretend to be different characters as we practice Gymbus skills on several pieces of equipment. We will use our stuffies on the bars and trampoline.

- TESTING BEGINS THE LAST WEEK IN APRIL & WILL CONTINUE THROUGH MAY.
- TROPHY WEEK WILL BE THE LAST WEEK OF OUR GYMBUS YEAR: JUNE 1-5, 2026