

KIDS KLUB GYMBUS NEWSLETTER

*****IMPORTANT*****

*The Gymbus will be closed: 12/20/25 – 1/4/26 Winter Break (classes resume 1/5/26)
Session 2/Term 3 payments are due the week of December 29, 2025– January 2, 2026.*

*JUST A REMINDER, TENNIS SHOES ARE REQUIRED FOR GYMBUS.
IF YOUR CHILD COMES TO CLASS WITHOUT TENNIS SHOES ON,
THEY WILL NOT BE ABLE TO JUMP ON THE TRAMPOLINE.*

Highlights from our last several weeks!

DINOSAUR WEEKS

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

EVALUATIONS BEGIN THIS WEEK ON BARS, FLOOR & BEAM

DEC 8 – 12 (MON-FRI)

LESSON FOCUS: BARS, FLOOR, BEAM, MONKEY BARS

This week we will begin testing skills on BARS, BEAM & FLOOR. Everyone will work on pullover drills on BARS. On BEAM, we will practice walking forward & backwards. On FLOOR, we will work on forward & backward rolls. We will learn the “I’m a Friendly Snowman” song and practice different types of jumps in his hula hoop body!

IT’S CHRISTMAS WEEK! – WEAR A FUN HOLIDAY SHIRT!

EVALUATIONS WILL CONTINUE ON TRAMPOLINE, FLOOR, & BARS

DEC 15 – 19 (MON-FRI)

LESSON FOCUS: FLOOR, BEAM, BARS, TRAMPOLINE

It is Christmas week on the GYMBUS! If you have a fun holiday shirt, where it to class this week! We will learn a new holiday song: “I’m a Friendly Snowman” during warm ups. We will use a hula hoop snowman to continue practicing ½ turns, straddle jumps, and tuck jump. On LOW BEAM, we will step over Christmas stuffies. On BARS, we will practice glide swings by dropping holiday stuffed animals into hula hoops. On TRAMPOLINE, we will learn the basic safety rules to ensure all the kids are safe when waiting to jump, jumping in the middle, and how to get on and off the trampoline. Based on age and ability, we will teach how to jump with 2 feet, straddle jumps, seat drops, and knee drops. We have a great closing activity planned as well as a Christmas candy treat. **IF YOUR CHILD CANNOT HAVE CHOCOLATE, PLEASE BE SURE TO NOTIFY THE GYMBUS BY 12/11/25.**

EVALUATIONS WILL CONTINUE ON ALL EVENTS

DEC 22 – (MONDAY CLASSES)

LESSON FOCUS: HOLIDAY FUN

Today we will have a fun Christmas themed lesson. In addition, we will continue to evaluate on floor, beam, bars, and trampoline. THIS IS A MAKE-UP CLASS FROM LABOR DAY.

DEC 23 – (THURSDAY CLASSES)

LESSON FOCUS: HOLIDAY FUN

Today we will have a fun Christmas themed lesson. In addition, we will continue to evaluate on floor, beam, bars, and trampoline. THIS IS A MAKE-UP CLASS FROM THANKSGIVING.

THE GYMBUS IS CLOSED FROM DECEMBER 20, 2025 – JANUARY 4, 2026

*Session 1 evaluations will begin the week of December 8th, 2025 and continue until January 9th, 2026.
Term 3/Session 2 begins the week of January 12th, 2026.*

HAPPY HOLIDAYS!

Ms. Cathy, Ms. Jenny, Ms. Liz, & Ms. Karen