

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.**

Highlights from our last several weeks

EVALUATION & RIBBON WEEK

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

***DUE TO THE LENGTH OF TIME IT TOOK TO REPLACE THE GENERATOR,
WE WILL BE MOVING THE LAST FEW JANUARY LESSON PLANS TO FEBRUARY.***

FEB 2 – 6 (MON-FRI)

LESSON FOCUS: BEAM, FLOOR, BARS, MONKEY BARS

On BEAM, we will work on scooping ice cream while walking. On FLOOR, we will work on squat forward rolls and standing up tall at the end. On BARS, we will do monkey hangs. The older kids will practice several fun tricks while still hanging as monkeys on the bar. Everyone will earn a special monkey stamp! MONKEY BARS is a favorite skill to practice. All the kids love climbing onto the trapezoid and trying to swing from rung to rung. Our littles just love climbing up the trapezoid and jumping or climbing off.

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

FEB 9 – 13 (MON-FRI)

LESSON FOCUS: LOW BEAM, FLOOR, MINI-TRAMP

Football week is fun for both football and cheerleading fans alike! We will warm up like the football players as well as learn/practice our GYMBUS cheer. The ball pit will be filled with baby footballs to find and play with. Later, we will climb over and jump onto triangle shapes, throw footballs, practice our Gymbus cheer using pom-poms, jog on the mini-tramp, and hop over football shapes on the beam. Everyone will use the speedbumps to practice jumping over an object using 2 feet. We will also practice how to land after a 2-foot jump. Our closing activity allows everyone an opportunity to practice kicking and throwing footballs into the ball pit.

FEB 16 – 20 (MON-FRI)

LESSON FOCUS: FLOOR, NINJA FUN, BALL PIT

We will use big triangle mats to help us climb into and slide out of the ball pit. On FLOOR, we will use squeaky circles and lots of regular & turtle shaped ninja stones in a variety of different sizes to create challenging obstacle courses. We will also work on some tricky variations of tabletops. We will climb up soft steps and decide how “brave” we will be jumping off the steps and onto the mini tramp. Finally, we will step over lots of different items on the BEAM.

FEB 23 – 27 (MON-FRI)

LESSON FOCUS: BEAM, MOUNTAIN CLIMB, ROCK WALL

On BEAM, we will practice carefully walking without touching the bus by carrying a plastic ring. At the end of the beam, we will toss the ring on a cone. Everyone will get to practice their MOUNTAIN CLIMBING & ROCK WALL skills.

TENNIS SHOES ARE REQUIRED TO CLIMB THE ROCK WALL.

Upcoming Themes:

- **Baseball Week (end of March)**
- **Easter Week (beginning of April)**
- **PJ Week & Stuffed Animal Week (May)**