

KIDS KLUB GYMBUS NEWSLETTER

*****IMPORTANT*****

During GYMBUS class the week of Oct 27 – 31, all classes will be given a piece of Halloween candy at the end of class. If your child is allergic to chocolate (or cannot have chocolate for ANY reason), please notify our office BEFORE October 20th so that an alternate treat may be given to your child.

TERM 2 PAYMENTS ARE NOW DUE.

Payments are due 2 weeks prior to the beginning of each new term/session.

Please note: A \$5.00 late fee will be added to your account if tuition is not paid by the due date. As a courtesy, we will allow your child to attend gymbus the first week your payment is late; however, this is a 1 week courtesy only.

*ALL NEWSLETTERS ARE NOW BEING SENT VIA E-MAIL
and may be viewed at www.kidsklubgymbus.com*

IF WE DO NOT HAVE YOUR CURRENT E-MAIL ADDRESS,

YOU RECEIVED THIS NEWSLETTER AS A HANDOUT IN YOUR CHILD'S MAILBOX.

Please e-mail us at kidsklubgymbus@yahoo.com so that we may update our files.

BE SURE TO INCLUDE YOUR CHILD'S NAME AND DAYCARE CENTER IN THE E-MAIL.

**** This will be the last paper newsletter you will receive. ****

SEPT 29 – OCT 3 (MON - FRI)

LESSON FOCUS: HIGH BEAM, BARS, FLOOR

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

On HIGH BEAM, we will work on hopping and walking backward. On BARS, we will work on casting, swinging (glide, straddle, pike), front supports, and forward roll dismounts. On FLOOR, we will work on straddle forward rolls, backward rolls, and bridge up kickovers.

IT'S BACKWARDS WEEK! – WEAR YOUR GYMBUS SHIRT BACKWARDS!

OCT 6 - 10 (MON-FRI)

LESSON FOCUS: BARS, FLOOR, VAULT

Today we will be doing everything BACKWARDS! We will board the bus from the BACK using a step ladder. Next we will do our ending activity. On BARS, we will work on back pullovers and casting. On FLOOR, we will work on back kickovers and backward rolls. On LOW BEAM, we will work on walking backwards and ½ ½ turns. At the end of class, we will do our warm up skills. IT'S A CRAZY DAY!

OCT 13 - 17 (MON-FRI)

LESSON FOCUS: LOW BEAM, BARS, RINGS, HIGH BEAM

On BEAMS, we will work on walking on tip toes, v-sits, and knee scales. On BARS, we will work on pullover drills, pullovers, and forward roll dismounts. On RINGS, we will work on swinging in pike.

OCT 20 - 24 (MON-FRI)

LESSON FOCUS: PARALLEL BARS, VAULT, FLOOR

On PARALLEL BARS, we will work on straddle, front support, tuck position, and crab walks. On VAULT, we will work on knees, squat, and straddle ons. On FLOOR, we will work on cartwheels and handstands.

IT'S HALLOWEEN WEEK! – WEAR A HALLOWEEN T-SHIRT!

OCT 27 – 31 (MON-FRI)

LESSON FOCUS: BARS, LOW BEAM, FLOOR, MINI

TRAMP

Halloween week is a favorite for all! The bus is decorated with Halloween witches, black cats, ghosts, and pumpkins. On BARS, we will work on straddle swings, monkey hangs, and pullovers. On FLOOR, we will work on forward rolls, bridges, and roundoffs. On LOW BEAM we will work on hopping over stuffed Halloween animals and practicing ½ turns. Our closing activity offers everyone a chance to “knock down” the Halloween animals using bean bags! A cool Halloween stamp will be given to all children.

****CANDY WILL BE GIVEN AT THE END OF CLASS! SEE SPECIAL NOTE AT THE TOP OF THIS PAGE. ****

ANY QUESTIONS, PLEASE CONTACT CATHY AT 636-288-5555 or KIDSKLUBGYMBUS@YAHOO.COM