



Aerial Tumbling & AcroGymnastics

Gymster Gazette

September 2014

FlashBack August:

Amazing Animals Month

Last month students loved our animal themed games and stations.

Gymsters also practiced tuck jumps which required body control, agility, and building core strength.

You may have noticed some changes to our staff as some of our teachers head back to school in the fall. The Gymster



program would like to welcome Ms. Jennifer Witana to our full time coaching staff. Ms. Jen has two

daughters on our competitive Acrobatics team and has a background in physical therapy for children with special needs. She loves working with young children and can't wait to get tumbling with your kids. Welcome Ms. Jen!

Happy Tumbling
Jocelle Burdett
Gymster Manager

Gymster Theme: ABC's 123's

As we go "back to school" Gymster students will enjoy our ABC-123 theme weeks September 15th-27th. Activities, stations and games introduce your child to early literacy, phonics and numbers while practicing gymnastics skills.



Gymster Skill of the Month: crawling

Purpose: early writing skill, builds wrist flexibility and strength!

Gymster Theme Song:

"ABC" by the Kids Bop Kids can be purchased on iTunes.

Gymster National Gymnastics Day 2014

Join us for a SPECIAL Adventure hour on Friday September 19th, at 11:15-12:30 to celebrate National Gymnastics Day! We will have themed activities and games, face painting, crafts and popsicles!

Friends 5 and under are welcome to come for FREE!

Don't miss the FUN!