



## Aerial Tumbling and AcroGymnastics

# Gymster Gazette

## September 2016

### Preschool Olympics Day

Preschoolers had a blast celebrating the 2016 summer Olympics at our Preschool Olympics day. "Fans" loved watching their athletes strut their stuff during opening ceremonies, athletes learned how Olympic gymnasts do a BIG "finish", enjoyed relay races, gymnastics bar and beam obstacle courses and got an icy treat for their hard work.

Thank you for all the friends and family that came out to celebrate with us.

### Show and Tell Week



Also in August Gymsters had an opportunity to show off a favorite skill to an audience of their peers and family members. Students performed forward rolls, tables and lunge kicks and did their BIG "finish" at the end. Everyone got an ATA, USA themed wrist band to celebrate. We are so proud of our performers.

Check out pictures from the event on our Facebook page! Search photos and your child's class day and time.

Happy Tumbling  
Jocelle Burdett  
Gymster Manager

### Gymster Theme: ABC's and 123's



As older siblings get ready to go "back to school" Gymster students will enjoy our ABC-123 theme weeks September 14th-24th. Activities, stations and games introduce your child to early literacy, phonics and numbers while practicing gymnastics skills.

### Gymster Skill of the Month:

Mountain

### Gymster Theme Song:

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

### The Importance of Games:

What do games teach? To toddlers it provides a time to develop physical skills, balance and coordination. Social skills are being developed as they mix with peers. Cognitive skills are improving as they learn the rules and workings of the game. Keeping the games cooperative and rewarding to all children, assures there are no losers. Here two students play the "Counting Train" game. At each numbered card, they jump the corresponding number of times. Look for games like this during Gymster Gymnastics ABC month in September.

