

TAP & TUMBLE

November Newsletter EC Kingdom

Week 1 & 2-OCEAN/BEACH THEME

We'll be diving into lots of when we warm up our muscles by stretching, swimming (running), and jumping to Baby Shark, Under The Sea, Baby Beluga, Fishy Song, and Ocean Animals!

Toddlers are working on: forward roll on the beach (mat), squat touch on the balance beam/picking up a sea creature, log rolls across the beach, walking or running down the sand dune (incline mat) and jumping in the ocean (dismount). They will also get to swim through the underwater cave (tunnel), zig zag around sea creatures and use hula hoops to pretend to be fish swimming forward, backward and around the ocean.

Gymnasts are working on: log rolls and consecutive forward rolls down the sand dune (incline mat), jumping over ocean waves (jump ropes on the floor), swimming fast through the underwater cave (tunnel), and balancing on one foot on the balance beam with a sea creature. They will also get to hula hoop on the beach and play a balancing game where they balance their sea creature in a net while jumping, squatting, marching and running.

Week 3- THANKSGIVING THEME

We'll have a great time warming up with the funny songs Turkey Gobble and The Gobble Gobble Turkey Wobble. We'll also stretch our legs in sitting straddle when we pretend to make our favorite Thanksgiving pie!

Toddlers are working on walking on their hands over the hay bale (barrel), v-sits and donkey kicks in the pumpkin patch, forward rolls and side straddle on the balance beam with a dismount in straddle position (feet apart/arms up).

Gymnasts are working on walking on their hands over the hay bale (barrel) and back walkovers over the hay bale. They will hop like a turkey across the balance beam and jump in the pumpkin patch on a pogo bungee jumper.

Special Notes

There are no classes on Halloween. We already had our 4 classes this month, so we will not need a make-up day for 10/31.

There are no classes on Thanksgiving Day. Make-up day TBA.

There's still time to sign up for recital. Just add \$45 to your November tuition.

H A P P Y T H A N K S G I V I N G !

