KIPS GYMNASTICS



Competitive Team

This month we finalized learning our Y2K Floor Routines, and then putting together fun Beam Routines. New judging rules will emphasize footwork and performance (posture, head positioning, etc.) in their final score while competing. FUN FACT: Gymnasts start with a 10.0 and each time they do something wrong, they only get deductions. They cannot get points added. These athletes are literally striving for perfection! Competitive gymnasts deal with a lot of stresses: physical, mental, and emotional. That's why we love to celebrate how hard these kids work to overcome all of these challenges. We are so proud of these 28 gymnasts and cannot wait for them to show off all of their achievements!



Gymnastics Programs

Twinkle stars is going very well! Their listening skills have been wonderful. All of the kids are always ready to practice and learn new skills! We have been practicing bear crawl and L-kicks on the beam which both take a lot of balance. We've also been building their strength on the bars.
The Rec Program are starting to master important skills such as pull overs on the bar and levers on the beam. They have been focusing hard on body control so they can continue to master more skills!



Active Einsteins

October was all about spooky season in the Active Einsteins class! They counted spiders, hung upside down like bats, and made monster masks, and practiced trick or treating safely. The highlight of the month was our annual find the match pumpkin patch where each student draws a number or letter, then finds the matching pumpkin, and paints it. Ask your Einstein to show you how they roll like a pumpkin or to sing the 5 little pumpkins song!



SUPERSTARS OF THE MONTH









EXCITING EVENTS AHEAD



November Dates

11/7
No Open Gym

11/11
Closed for Veterans Day

11/24
Last Day of Fall Session

11/25-11/29
Closed for Thanksgiving Break

11/30
First Day of Winter Session

