GYMBO- TOTS (2 – 3yrs) TERM 1 LESSONS

LESSON 1 Demo Class

LESSON 2 Introductory Welcome Class

LESSON 3 SHAKE IT UP!- bean bag class

LESSON 4 MY BODY! (Spacial awareness; body image)

LESSON 5 JUMP! JUMP!- Trampoline class

LESSON 6 Mr BALL! CATCH ME IF YOU CAN!

LESSON 7 SOCCER!! KICK, KICK, KICK!

LESSON 8 MR MUSCLE!- Upperbody strength class

LESSON 9 ROLLY POLLY! Forward Roll class

LESSON 10 WATCH ME BALANCE! - static & dynamic beam balance!

GymBo-Kidz

GYMBO- JUNIORS (3 – 6 YRS TERM LESSONS)

LESSON 1 Demo Class

LESSON 2 Introductory Welcome Class

LESSON 3 CORE MUSCLE- FUN CLASS

LESSON 4 TRAMPOLINE CLASS

LESSON 5 "MR EMPTY"- Spacial awareness & body image class;

LESSON 6 BALL SKILLS CLASS

LESSON 7 FORWARD ROLL & BALANCE BEAM / FLOOR CLASS

LESSON 8 SOCCER & LOWER BODY STRENGTH CLASS

LESSON 9 SPEED STACKS INTRODUCTION CLASS

LESSON 10 "PARACHUTE" – lesson

GymBo-Kidz

GYMBO- GIANTS (7 – 9 YRS) TERM 1 LESSONS

LESSON 1 Demo Class

LESSON 2 Introductory Welcome Class

LESSON 3: CORE MUSCLE- Core strength floor class

LESSON 4 : TRAMPOLINE CLASS

LESSON 5: SPEED STACKS INTRODUCTION CLASS- reaction time relays

LESSON 6 : BALL SKILLS CLASS: underhand & overhand throwing / Speed & agility

LESSON 7 FORWARD ROLL FLOOR CLASS

LESSON 8 Soccer : ball kicking skills / lower body strength

LESSON 9 Rope Jumping /Skipping / chest passes

LESSON 10 SPORT STACKING COMPETITION