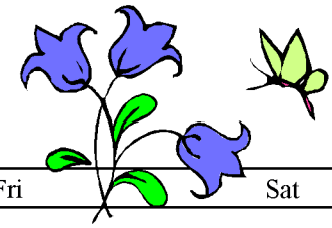


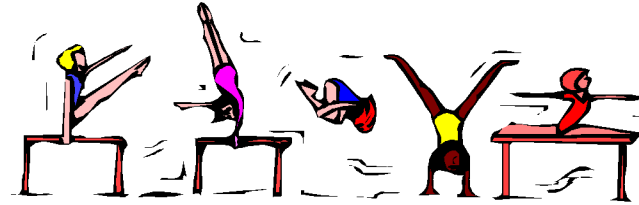




Kids Gym Rec Calendar May

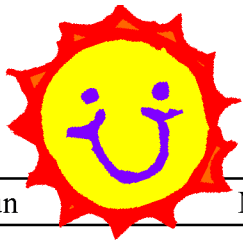


Sun Mon Tue Wed Thu Fri Sat

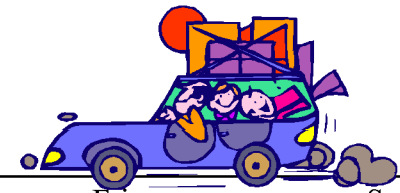
Remember to sign up for "Thrills & Skills"



<p>We'll be practicing our skills and routines this month! Ask Mom or Dad to find you a safe practice place.</p>	<p>3 Stretch out your muscles today with butterfly, pike and straddle stretches.</p> 	<p>4 Work on those leg muscles with 20 toe raises on your bottom step.</p>	<p>5 2 sets of 10 push ups will help make strong arm muscles.</p> 	<p>6 Clasp your hands together behind your back and lift them as high as possible to stretch your shoulders.</p>	<p>7 Have Mom or Dad help you with sit-ups today. How many can you do?</p> 	<p>8 Get outside and RUN today!</p>
<p>Mother's Day</p> 	<p>9 10 Girls, hold your beach ball and then practice presenting. Boys, remember to stand with arms to sides.</p> 	<p>11 Practice your forward and backward rolls (or candlestick)... keep those arms by your ears!</p> 	<p>12 Start in lunge position and practice cartwheels and handstands.</p>	<p>13 Do a bridge and lift one leg up straight with toes pointed. Count 1-2-3 and rock</p> 	<p>14 Practice your floor routine. Start with holding your beach ball (girls) or arms to sides (boys) and finish in your gymnast stretch!</p>	<p>15 Have fun with your family and friends today!</p> 
<p>16 Close your eyes and picture yourself doing a perfect floor routine.</p> 	<p>17 Practice your V-Sit today.</p> 	<p>18 Do coupe steps and step kicks around the house.</p>	<p>19 Practice whatever jumps are in your beam routine (bunny, tuck, straddle, etc.)</p> 	<p>20 Stand in releve while you brush your teeth and then chasse to your room.</p>	<p>21 Make a straight line (chalk, tape) and practice your entire beam routine.</p> 	<p>22 Get outside and play some ball games today!</p>
<p>23 Close your eyes and picture yourself doing a perfect beam routine.</p>	<p>24 Practice your "stick & stretch" 5 times. Remember to glue your feet on each one!</p>	<p>25 Run fast like you do for vault.</p> 	<p>26 Practice run and assemble.</p>	<p>27 Practice run, assemble, jump. Remember to "stick and stretch".</p> 	<p>28 Close your eyes and picture yourself doing a perfect vault.</p>	<p>29 Get some friends together today and show them your floor and beam routines.</p> 
<p>30 It's hard to practice your bar routine at home so practice in your head:)</p> 	<p>31 Find a mirror and practice your stretch and your big, cheesy gymnast smile!</p> 	<p>Open Gym on Saturdays, 12:30-2:00 PM, is a great place to practice your skills and routines!</p>				



Kids Gym Rec Calendar June



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Kids Gym Open Gym
Tuesdays
10:45 AM-12:15 PM
Starting June 15th

**Practice! Practice! Practice!
for Thrills & Skills**

Thrills & Skills
NO OPEN GYM

**Thrills & Skills
???????**

**Kids Gym closed for classes--office is open
9 AM-5 PM
Get signed up for summer classes and camps!**

Gymnastics I Camp M-W-F 10 AM-1 PM

Whee! Fit Camp M-W-F 10 AM-1 PM

**Cheerleading M-W-F 10 AM-1 PM
Boys Gymnastics M-W-F 10 AM-1 PM**

