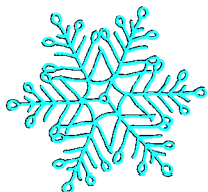


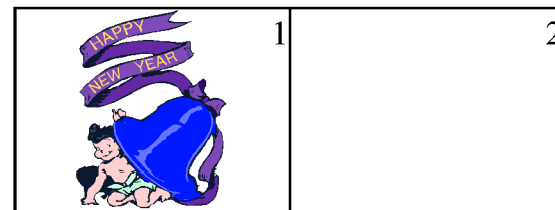
# Kids Gym Rec Calendar January 2010



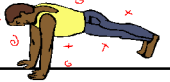
Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat




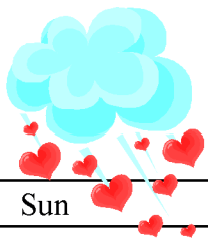
**Be sure to sign up for our  
"Hooray, No School Today!" Camp  
Jan. 29 11 AM-2 PM**



**Welcome back to Kids Gym!**





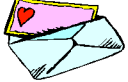




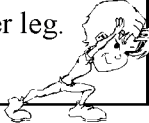






<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>
<p>10</p> <p><b>Week 1</b></p>	<p>11</p> <p><b>Term 3 begins!</b> Practice tuck, pike, straddle &amp; straight positions.</p>	<p>12</p> <p>Trampoline safety is important. Do 5 jumps &amp; then <b>BREAK!</b> Do it 3 more times.</p>	<p>13</p> <p>Stand on one foot to build a strong core... how long can you hold it?</p>	<p>14</p> <p>Mark a spot on the floor &amp; jump 10 times, staying on the spot.</p>	<p>15</p> <p>Do a tuck jump on your spot. Did you land back on it?</p>	<p>16</p> <p>Bundle up and play outside today!</p>
<p>17</p> <p>Have your family do deep breathing with you today. Get ready to work on strong arms!</p> <p><b>Week 2</b></p>	<p>18</p> <p>Bear walk around your house today.</p> 	<p>19</p> <p>Hold a table position for 30 seconds...do it again!</p>	<p>20</p> <p>Crabwalk to your room tonight.</p>	<p>21</p> <p>Hold a plank position for 30 seconds...do it again!</p>	<p>22</p> <p>Ask Mom or Dad to help you do wheelbarrow walks.</p>	<p>23</p> <p>Practice your bridge today.</p>
<p>24</p> <p>Today is <b>National Belly Laugh Day...</b> tell your best jokes!</p> <p><b>Week 3</b></p>	<p>25</p> <p>Balance a book on your head and walk across the room.</p>	<p>26</p> <p>Sit in straddle position...stretch right, left and middle.</p>	<p>27</p> <p>Find a straight line and practice releve walk.</p>	<p>28</p> <p>Sit in pike position; keep your legs straight and reach for your toes.</p>	<p>29</p> <p><b>"Hooray, No School Today!" Camp</b></p>	<p>30</p> <p>Sit in butterfly stretch while you read or watch T.V.</p>
<p>31</p> <p>Take a walk with your family today.</p> <p><b>Week 4</b></p>	<p><b>Have you signed up for the Feb. 12 Overnight?</b></p>					<p>Join us for Open Gym! Saturdays, 12:30-2:00 PM</p>



# Kids Gym Rec Calendar February 2010

I ♥ Kids Gym!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Run in place for 2 minutes to get your heart pumping!	2 Practice your "teeter-totter"	3 Run in place for two minutes with "high knees"	4 Do a 3 legged dog walk down your hall today.	5 Run in place for 2 minutes, kicking your "booty". <b>Back Handspring Clinic</b>	6 Ask Mom or Dad to find a safe place for you to practice your handstand.
7 Snuggle down today and read a good book. <b>Week 5</b>	8 Practice those bridges again... keep your arms strong and try to put your feet together.	 9 Do 5 super rock & rolls. Do them again & remember to "splat!"	10 Can you hold a "hollow" position & count to 10? How about 20? 	 11 Do 10 frog jumps...rest and do 10 more.	12 "I♥Gymnastics" Overnight Hope to see you here!	 13 Be artistic...make a Valentine for someone special!
 14 <b>Week 6</b>	15 Do some stretching and try your right split today.	16 Do 10 "ski" jumps...rest and do 10 more.	17 Stretch and then try your left split.	18 Step "up up, down down" on your bottom step 20 times.	19 Stretch and hold your middle splits-remember to keep your legs straight and toes up!	 20 "Snowflake City" Fun Meet at Kids Gym
21 "Snowflake City" Fun Meet at Kids Gym  <b>Week 7</b>	22 Do 20 jumping jacks...rest and do 20 more. 	23 Hold a hamstring stretch for 1 minute. Switch and do the other leg. 	24 Put on some fast music and dance! 	25 Put on some s-l-o-w music and float like a snowflake.	26 Hold a pretend jump rope and do 50 jumps in a row.	27 Play "tag" in the snow with your family. 
28 Practice your "gymnast stretch" in front of a mirror. Remember your cheesy gymnast smile!  <b>Week 8</b>						

Join us for Open Gym!  
Saturdays, 12:30-2:00 PM