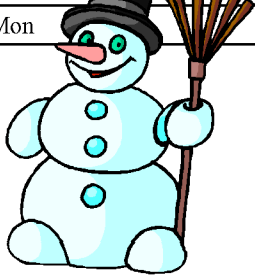



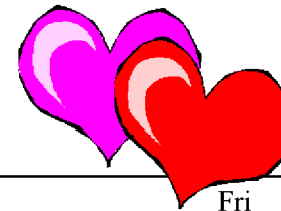
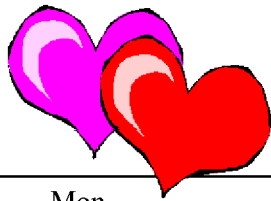


KIDS GYM





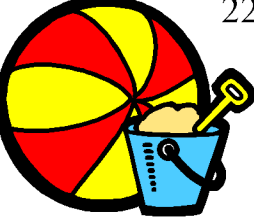
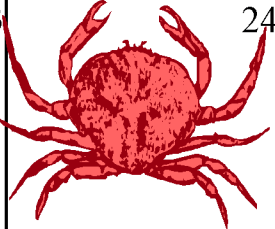
January 2010

TumbleKids

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
					Happy New Year!	
 3	Practice your Gymnastics Postions 4	Practice Balancing on one foot 5	Balance a coloring book on top of your head 6	Lay down and practice making Snow Angels 7	Find a line and pretend it is a balance beam 8	OPEN GYM 12:30-2:00 9
Term 3 Begins Term 3 Week 1 10	Practice your cartwheels today 11	Practice Knee Scales 12	Releve backwards 13	Catch Snowflakes on your tongue 14	 15	OPEN GYM 12:30-2:00 16
Term 3 Week 2 17	Bend over & touch your toes 18	LUNCH BUNCH 11:30-1:30 19	 20	Practice your TUCK JUMPS 21	Hop in a circle 22	OPEN GYM 12:30-2:00 23
Term 3 Week 3 Favorite Character Week 24	 Fly like Superman 25	Practice your forward rolls today 26	Sing and Dance like Dora & Diego 27	 Bounce Like Tigger 28	"Hooray No School Today" Camp 11:00-2:00 29	OPEN GYM 12:30-2:00 30
Term 3 Week 4 31	 <div style="background-color: red; color: white; padding: 10px; display: inline-block; text-align: center;"> Join us for Open Gym Saturdays 12:30-2:00 </div>					



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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	1 Jump up and down- BREAK	2 	3 Find a scarf and dance around your house	4 Do <u>TEN</u> Jumping Jacks	5 <u>JUMP</u> like a <u>FROG</u> 	6 OPEN GYM 12:30-2:00
7 Term 3 Week 5	8 Do a Bear Walk. Keep your legs straight!	9 Practice your HALF Turns	10 GIVING HUGS IS GOOD FOR YOU-GIVE LOTS OF HUGS TODAY	11 JUMP <u>HIGH</u> LIKE A KANGAROO	12 Make a Valentine for someone you love	13 OPEN GYM 12:30-2:00
14 Term 3 Week 6	15 Jogging is good for your  Jog in place	16 LUNCH BUNCH 11:30-1:30	17 Practice your Teeter Totter for handstands	18 	19 Do a butterfly stretch	20 NO OPEN GYM Snowflake Meet
21 Term 3 Week 7 BEACH WEEK Sign Up for Term 4	22 	23 Zip step around your house today	24 	25 Crab walk around your house	26 "Hooray, No School Today!" Camp 11:00-2:00	27 OPEN GYM 12:30-2:00

28 Term 3 Week 8 RIBBON WEEK
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