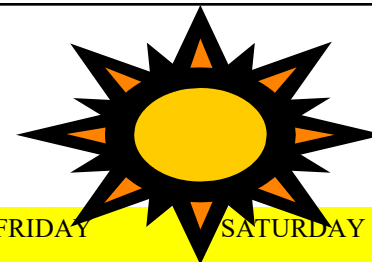


June 2018

Gymnastics East



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Busy this summer?

Ask about our make up classes or our Open Gym on Saturday nights!

3
Go for a bike ride with a friend then show them how to stretch your legs.

4
Walk with a book on your head ...forwards, backwards, sideways. Can you squat & stand up again?

5
Try reading or doing your homework in a straddle stretch!

6
Run in place as fast as you can. Then slow down & jog 1 more minute.

7
Do a seal stretch & a cat stretch. Now practice your bridge.

8
Do 25 jumping jacks. Then sit and reach for your toes for 25 seconds.

9
Girl's Gym Show this weekend at Sammamish High School!

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Girl's Gym Show this weekend at Sammamish High School!

11
Practice your safety fall but roll up to your feet after and jump—how many can you do in a row?

12
Can you do 10 tuck jumps, 10 straddle jumps, then 10 pike jumps? Can you follow with a minute of jumping jacks?

13
Find a good place to practice your handstand. See how long you can stay up.

14
How many sit ups can you do in a row? Now try it with tuck ups or V-ups!

15
Hold your candlestick for 30 seconds, then roll up to a pike press! Hold it as long as you can and go back to a candlestick.

16
Boy's Gym Show at the Bellevue Gym!

17
End of the Gymnastics Year this week!
Practice your favorite thing you've learned this year.

18
Try to do a lever with your hands and back foot in a straight line. What about a lever-hop? A handstand?

19
Stretch in a straddle for 30 second, then try a straddle press!

20
Run outside and play until you sweat!

21
Put a tape line on the floor. Jump-full turn 10 times trying to land back on the line.

22
Have a grown up hold your handstand. See if you can tap your shoulder with one hand, then the other!

23
Think of some of the games we have played this year at gym and try them at home—Shipwreck! Tunnel Tag!

24
Practice your Superman Rocks. Then touch your toes in your pike stretch.

25
Start of our Summer Class Schedule!
Next week (July 4th) we are closed!

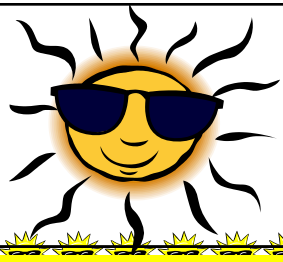
26
Stretch like a seal and a cat then try walking in your bridge.

27
Find a friend to play wheelbarrows. How far can you walk on your hands?

28
How many crab pushups can you do in 30 seconds? Try it with your feet elevated

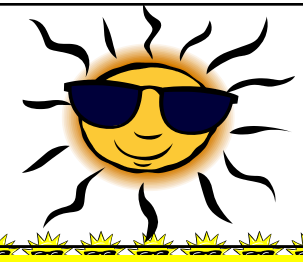
29
Hold a scarf under your chin & practice your rolls - forward & backward.

30
Inch worm walk your way around the house. When you are in a push up position, count to 5



June 2013

Gymnastics East



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Sit in your splits & read a book.	Our current schedule ends June 23rd. Summer classes begin July 1st. Check the new schedule and sign up for Summer					1 Have Dad hold your ankle while you try a handstand push up. How many can you do?
2 Practice safety falls backward then run in place and fall safely forward turning on your back to roll.	3 Sit in a straddle on the floor or on a step. With hands in between your legs, press up so your body is off the ground for 10 seconds	4 <u>Candle Ups</u> Lie in a pike with arms out to the side - push up to a tall candlestick and back 25 times	5 Make a bridge as high as you can and count to 20. Try walking in your bridge fwd. & bwd.	6 Do 15 tuck ups & 15 V ups then sit in your pike stretch for 1 minute (chest to thighs).	7 Stand on a step & do 25 heel raises on 1 foot then the other. Hold onto the rail.	8 Patty cake sit ups Tuck sit facing a friend, feet touching ...lower down then sit up & pat hands.
9 Memory Day Play 'Add Ons' with your friends... each in turn adds a gym trick but start from the beginning each time.	10 Hug your favorite stuffed animal while you do 25 sit ups.	11 Squat—front support — squat— tuck jump—squat—candlestick—straight jump (do it 12 times)	12 Make a hollow body with your legs and shoulders up—rock back & forth until your tummy gets tired.	13 Balance on 1 foot as long as you can. Try it with your eyes closed	14 Sit in a pike & straddle stretch for 30 secs. Then practice your backward shoulder rolls for Gym Show.	15 Walk with a book on your head ...forwards, backwards, sideways. Now squat & stand up again?
16 Get Dad to wheelbarrow you across the lawn. How far can you walk on your hands?	17 Gym Show Week Check the schedule for your class's show day and time	18 Draw a chalk line & practice your cartwheel along the line!	19 Inch worm walk your way around the house Try a push up in the middle	20 Invite some friends to make a Human Bridge Tunnel ...take it in turns to crawl under & bridge up again	21 If you're happy & you know it..... Do 10 tuck jumps, 10 straddle, 10 pike, then safety fall backwards	22 End of the gymnastics year. Last chance to sign up for camp.
23 Sweating from exercise is healthy.... Run, jump, skip, hop, gallop, and slide till you sweat.	24 No regular classes this week Help sort the laundry -- with your feet!	25 Make a 1-legged candlestick. Now jump your other leg up in the air without letting your bottom drop.	26 'Crab Attack' With some friends, play crab soccer -stay on your hands & feet	27 Invite some friends to make a Human Bridge Tunnel ...take it in turns to crawl under & bridge up	28 Practice your handstands with Mom. Have her hold one ankle. How long can you stay up?	29 Have a family fitness day. Who can do the most sit ups and push ups? Who has the best pike