



Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 Can you do your v-sit and sing London Bridge?	31 Last day of 2018! Hop 17 times on one foot then the other, now on two feet.					1 Do a 1 leg Candlestick, then push up to 2 legs.
2 Do a tall candlestick 8 times! Happy 1st day of Hanukah	3 Say your ABC's in your splits or straddle stretch.	4 Walk like a polar bear. Can you walk backward? How about in a circle?	5 Front Support.... chop, chop, oops! back up to front support.... chop, chop, chop, timber.	6 Can you tuck, straddle and pike laying on your back?	7 Stretch like a seal. Can you walk like a seal?	8 Winterfest at the Issaquah Team Gym. Show your routine to your family!
9 Play the Nutcracker Game with a friend.	10 How many jump full turns can you do? Keep your flashlights on!	11 Practice your inch worm walks. Walk your hands all the way out till you're on your tummy, then walk your feet back up.	12 Practice your teeter-totters.	13 How far can you walk like a crab? Try moving in two directions.	14 Can you do tuck, straddle, pike while you sit?	15 Pick up socks with your toes and put them in a box. Now try crumpling up a towel with your toes.
16 Do a strong bear and a noodle bear 10 times.	17 Use 2 paper plates to skate along the hall. Now have someone pull you by the feet while you sit on the plate.	18 Play wheelbarrow with a friend. How far can you go on your hands?	19 Find a safe place to practice your teeter-touch-totter. Have someone catch your legs.	20 Can you crawl & make knee scales as you go? Wag your free leg like a puppy dog.	21 Sit in straddle & make some pancakes like we do at the gym.	22 Rock like a rocking horse. Now rock on your tummy like Superman. Now on your back like a banana.
23 Practice your bridge. Have a friend try to crawl under you. Stay strong.	24 NO CLASSES NOW THRU JAN. 5th. HAPPY HOLIDAYS!!	25 Merry Christmas Do your pear roll around in a circle.	26 Practice your safety falls - feet, seat & peek. Try a forward falling safety fall.	27 Eat an "apple" like we do at the gym.	28 Walk like a tall giraffe, then stand like a flamingo on one leg.	29 Jump ½ turn to flashlights, then safety fall backwards....feet, seat & peek.