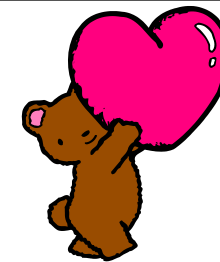
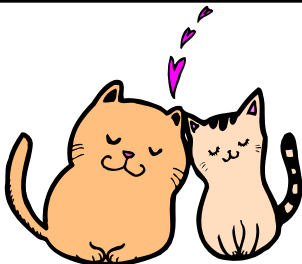



# February 2019

## Tiny Tot Fitness - Gymnastics East



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					<p><b>1</b> Say the 'Itsy Bitsy Spider' in a straddle sit. Make a web between your legs &amp; lie your head in it.</p>	<p><b>2 Groundhog's Day</b> How many tuck jumps can you do over your shadow?</p>
<p><b>3</b> Put a teddy bear on your lap and be a rocking chair - rock back &amp; up again keeping teddy safe.</p>	<p><b>4</b> Wish someone a Happy Valentine's Day with an "over-under -upside down shake.</p>	<p><b>5</b> Be stiff like a crisp carrot. Ask a friend to pick up your feet &amp; see how stiff you can stay.</p>	<p><b>6</b> Can you do a candlestick roll up to flashlights? Stand up reaching forward.</p>	<p><b>7</b> Find a safe place to practice your teeter-touch-totters.</p>	<p><b>8</b> Show a grown up your umbrella roll. How about windshield wipers?</p>	<p><b>9</b> Practice your Pivot turns. Draw a chalk line and try to turn on it.</p>
<p><b>10</b> Do some 'Bumping Bear rolls' with a friend.</p> 	<p><b>11</b> Practice your safety fall - feet, seat &amp; peek! How about a falling forward safety fall?</p>	<p><b>12</b> Tuck jump, straddle jump, pike jump all in a row! Keep trying.</p>	<p><b>13</b> Make a nice tight candlestick and count to 10.</p>	<p><b>14 Happy Valentines Day.</b>  Hold your grown ups hands &amp; do a skin-the-cat flip.</p>	<p><b>15</b> Find a safe place to practice your cartwheel.</p>	<p><b>16</b> Can you do Kangaroo hops all the way across the room?</p>
<p><b>17</b> Practice your teeter-touch-totter. Have your grown up hold one of your legs.</p>	<p><b>GYM IS CLOSED THIS WEEK FOR MID WINTER BREAK! NO CLASS FEB 18th-23rd.</b></p>					<p><b>23</b> Tuck sit, V sit, straddle sit. Now hold your V sit for 10 seconds.</p>
<p><b>24</b> Practice your handstands with grown up - have them catch your leg &amp; count to 4.</p>	<p><b>25</b> Walk on your tippy toes all around your house.</p>	<p><b>26</b> Ask a grown up to wheelbarrow you around the house. How high can they lift your legs?</p>	<p><b>27</b> Do a one leg candlestick - try to switch legs! Then do a regular two leg candlestick.</p>	<p><b>28</b> Practice your teeter switch totter. Then try 10 cartwheels.</p>		

