



December 2016

Tiny Tot Fitness - Gymnastics East



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p>1 Jump ½ turn to flashlights, then safety fall backwards...feet, seat & peek.</p>	<p>2 Can you do your v-sit and sing London Bridge?</p>	<p>3 Do a 1 leg Candlestick, then push up to 2 legs.</p>
<p>4 Play the Nutcracker Game with a friend.</p>	<p>5 Say your ABC's in your splits or straddle stretch.</p>	<p>6 Walk like a polar bear. Can you walk backward? How about in a circle?</p>	<p>7 Front Support.... chop, chop, oops! back up to front support.... chop, chop, timber.</p>	<p>8 Can you tuck, straddle and pike laying on your back?</p>	<p>9 Stretch like a seal. Can you walk like a seal?</p>	<p>10 Winterfest at the Issaquah Team Gym. Show your routine to your family!</p>
<p>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.</p>	<p>12 How many jump full turns can you do? Keep your flashlights on!</p>	<p>13 Rock like a rocking horse. Now rock on your tummy like Superman. Now on your back like a banana.</p>	<p>14 Practice your teeter-totters.</p>	<p>15 How far can you walk like a crab? Try moving in two directions.</p>	<p>16 Can you do tuck, straddle, pike while you sit?</p>	<p>17 Pick up socks with your toes and put them in a box. Now try crumpling up a towel with your toes.</p>
<p>18 Do a strong bear and a noodle bear 10 times.</p>	<p>19 Use 2 paper plates to skate along the hall. Now have someone pull you by the feet while you sit on the plate.</p>	<p>20 NO CLASSES NOW THRU JAN. 2nd. HAPPY HOLIDAYS!!</p>	<p>21 Find a safe place to practice your teeter-touch-totter. Have someone catch your legs.</p>	<p>22 Can you crawl & make knee scales as you go? Wag your free leg like a puppy dog.</p>	<p>23 Sit in straddle & make some pancakes like we do at the gym.</p>	<p>24 Do a tall candlestick 8 times! Happy 1st day of Hanukah</p>
<p>25 Merry Christmas Do your pear roll around in a circle.</p>	<p>26 Practice your bridge. Have a friend try to crawl under you. Stay strong.</p>	<p>27 Play wheelbarrow with a friend. How far can you go on your hands?</p>	<p>28 Practice your safety falls - feet, seat & peek. Try a forward falling safety fall.</p>	<p>29 Eat an "apple" like we do at the gym.</p>	<p>30 Walk like a tall giraffe, then stand like a flamingo on one leg.</p>	<p>31 Last day of 2016! Hop 16 times on one foot then the other, now on two feet.</p>