



OCTOBER 2016



Sun

Mon

Tue

Wed

Thu

Fri

Sat

30
Can you do a forward roll? How about a forward safety fall?

31 Have fun Trick-or-treating! All classes starting 5:15 or later are cancelled for Halloween!



1 SALMON DAYS FESTIVAL
Come watch us in the Parade.



2
Find a safe place to practice your headstand. Your head & your hands make a triangle.

3
Do 20 sit ups then walk on your tiptoes for 3 minutes.

4
How many crab push-ups can you do? Keep your bottom up, bend / straighten your arms.

5
Teach your family to inchworm walk—do a push up in between each.

6
Front—side—rear support, candlestick roll up with arms reaching up.

7
Practice your safety falls backwards and forwards.

8
Practice your straight body. Lie between 2 cushions and tighten to lift your body up.

9
Go on a bike ride with a friend. Teach them how to stretch before and after.

10
Sit with your feet against the wall & put your hands on the wall. Now straighten your legs.

11
How many full turn jumps can you do in a row?

12
Do 50 sit-ups then chase your way to bed tonight.

13
Count to 10 in Spanish while touching your toes with straight knees.

14
Hop down the hall on 1 foot & back on the other

15
Practice your splits while saying the alphabet backwards.

16
Do 20 Banana rocks. Roll over and try 20 Superman rocks.

17
How high does your bent leg candlestick go?

18
Stretch like a cat! Now like a seal!

19
Do 10 tuck jumps in a row— hands to shins.

20
Practice your bridge. Try walking in your bridge.

21
Find a safe place to practice your handstand.

22 Practice making scary faces while sitting in a straddle stretch. Now try a pike stretch. Can you touch your toes?

23
Do 25 push-ups with your teddy bear on your back.

24
Come do a trick for a treat this week at Gym!

25
Rake a pile of leaves & tuck jump over it! Now leap over it!

26
How long can you hold a handstand against the wall?

27
Do 5 cat leaps. Try chasse - cat leap - jump full turn.

28 Bridge up & march your feet 10 times. Now see how many sit-ups you can do.

29
Can you balance on 1 leg & count to 50? Keep your knee straight.

