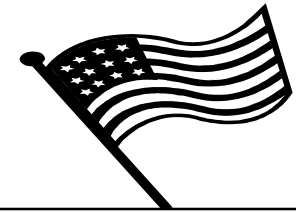




September 2016

Tiny Tot Fitness - Gymnastics East



Safety Month - Play it Safe inside & outside the Gym

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	29 First Day of our Gym Year!!	30 Walk around your house like a bear!	31 How tall can you be? Can you walk as tall as a giraffe?	1 Do 5 straddle jumps in a row.	2 Monkey Jump around the room! See if you can jump side to side, and around in a circle!	3 Practice falling safely — feet, seat, and peek
4 Play “Strong Bear - Weak Bear”. How about a rolling bear?	5 Labor Day Gym is CLOSED!	6 Walk around the house on your tippy toes—forward and backwards.	7 Make an umbrella—can you do an umbrella roll?	8 Practice your candlestick to flashlights with no hands.	9 Do some teeter totters. Keep your arms by your ears!	10 Fall Safely — Feet, Seat and Peek.
11 Sit in a butterfly & fly to the zoo. How many animals can you be?	12 Turn your bearwalk inside out—this time be crab! How far can you go?	13 Be a wheelbarrow - have a grown up hold your legs while you see how far you can walk	14 Do a frog squat and a “Ribbet” rock.	15 Do 5 tuck jumps in a row.	16 Tuck jump, straddle jump, pike jump — 5 times!	17 Sit in a pike position. Can you touch your toes with straight legs?
18 Help do some work outside. Work is good exercise.	19 Can you stand up with straight legs? Don’t let them bend! Can your grown up do it?	20 Fall Safely — Feet, Seat and Peek.	21 Sit & do a Rocking Chair Rock - try it with a teddy bear on your lap.	22 Sit in a V with legs up. Now V spin keeping your legs together.	23 Roll like a carrot - in a straight line with arms by your side. Now try it with arms up by your ears.	24 Sit in a straddle & make some pancakes like we do at the gym.
25 Practice your Teeter Totters, Teeter-hop, Teeter-switch & Teeter touch.	26 Try to hold your candlestick up and count to 10.	27 Fall safely Feet—Seat—Peek.	28 Can you do tuck, straddle, pike sitting down? On your back?	29 Do front support....Timber!! Front support... Squat, Flashlights!	30 Pick your favorite animal from our Zoo month. Can you walk like them around your house?	