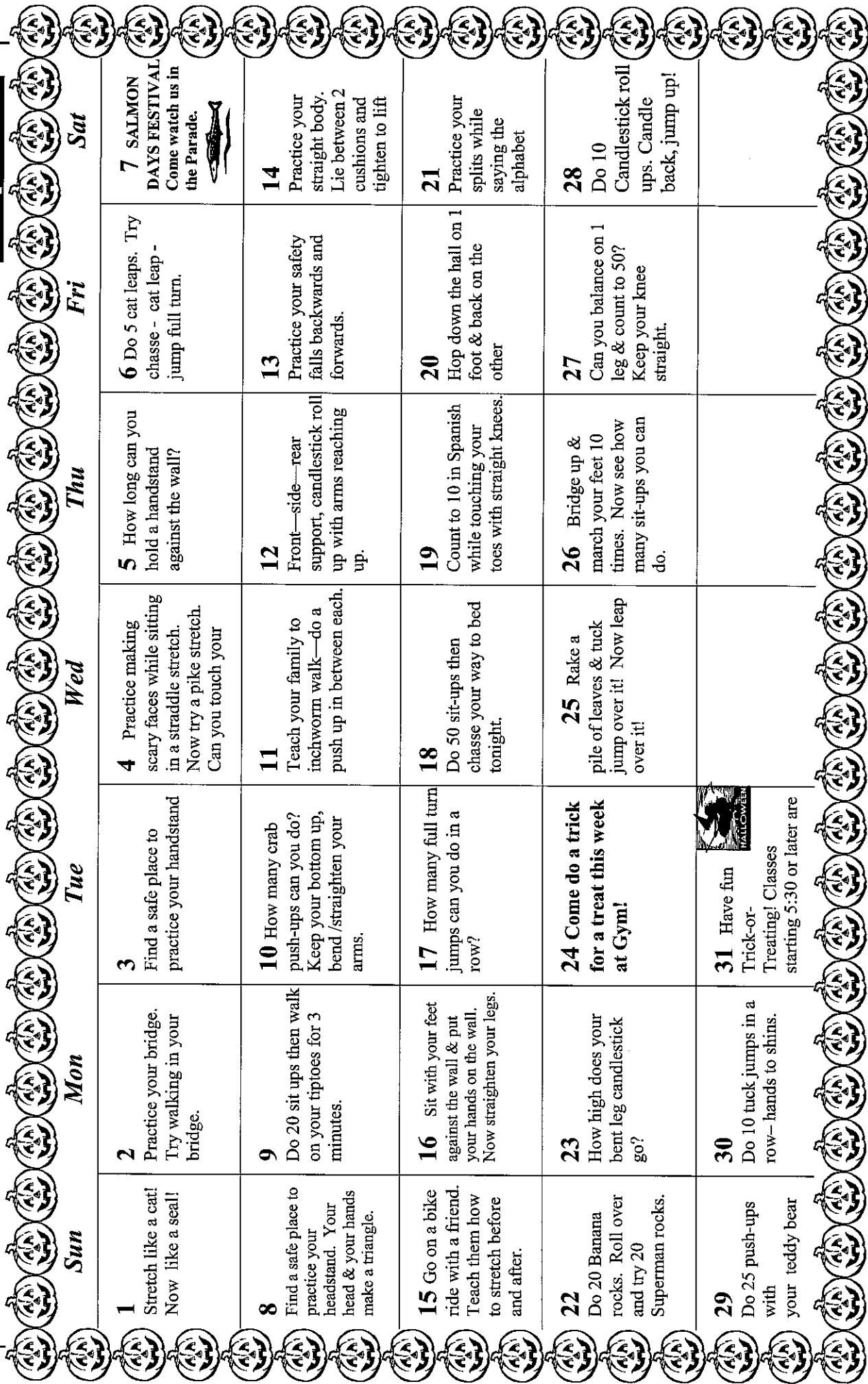


# OCTOBER 2017



**Sun**

**1** Stretch like a cat!  
Now like a seal!

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

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

**22** Do 20 Banana rocks. Roll over and try 20 Superman rocks.

**29** Do 25 push-ups with your teddy bear

**Mon**

**2** Practice your bridge. Try walking in your bridge.

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

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

**23** How high does your bent leg candlestick go?

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

**Tue**

**3** Find a safe place to practice your handstand

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

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

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

**31** Have fun Trick-or-Treating! Classes starting 5:30 or later are



**Wed**

**4** Practice making scary faces while sitting in a straddle stretch. Now try a pike stretch. Can you touch your

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

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

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

**Thu**

**5** How long can you hold a handstand against the wall?

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

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

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

**Fri**

**6** Do 5 cat leaps. Try chase - cat leap - jump full turn.

**13** Practice your safety falls backwards and forwards.

**20** Hop down the hall on 1 foot & back on the other

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

**Sat**

**7** SALMON DAYS FESTIVAL  
Come watch us in the Parade.



**14** Practice your straight body. Lie between 2 cushions and tighten to lift

**21** Practice your splits while saying the alphabet

**28** Do 10 Candlestick roll ups. Candle back, jump up!