



October 2017

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>1 How many straddle jumps can you do?</p>	<p>2 How far can you crab walk? Try it forwards and backwards.</p>	<p>3 Can you do 3 umbrella rolls in a row? (straddle rolls)</p>	<p>4 Be a strong bear, a weak bear, a strong bear. Bear walk around the house with straight legs.</p>	<p>5 Lie like a crisp carrot. Stay stiff while a grown up lifts your feet up.</p>	<p>6 Show your grown up the disappearing leg trick.</p>	<p>7  SALMON DAYS in Issaquah—come see us in the Parade</p>
<p>8 Can you do crab push-ups? Show your friends. Who can do the most?</p>	<p>9 Jump like a kangaroo, then stretch like a tiger.</p>	<p>10 Move like a bear, elephant, monkey, kangaroo, dancing donkey.</p>	<p>11 Play “Jump-a-rolling clown” with your dad. As he rolls, tuck jump over him</p>	<p>12 Look in the mirror and practice scary faces. Can you do the splits in your Halloween outfit?</p>	<p>13 Lie on your tummy & rock like superman. Lie on your back & rock like a banana.</p>	<p>14 Walk like a giraffe, stand like a flamingo, walk like a penguin.</p>
<p>15 Play gymnastics with your friends. You be the teacher.</p>	<p>16 Do 10 tuck jumps without stopping. Try to touch your tummy with your legs.</p>	<p>17 Hold your teddy bear and rock like a rocking chair.</p>	<p>18 Stretch like a cat! Now stretch like a seal.</p>	<p>19 Practice ‘Goodbye, Hello’ making a head sandwich, use your arms like bread to keep your head in.</p>	<p>20 Can you do Flashlights - Candlestick—Flashlights? Try it with your arms up.</p>	<p>21 Lie on your back, now push up into a bridge. Make a bridge tunnel with your friends. Have the smallest crawl through.</p>
<p>22 Make a candlestick like we do at the gym. Try a 1 leg candle, now hop up to a 2 leg candle</p>	<p>23 Play “fruit roll ups”. Roll yourself open then crunch up into a tuck as it’s being eaten</p>	<p>24 Come do a trick for a treat this week at the Gym!</p>	<p>25 Do 5 Teeter Totters and 5 teeter hop totters. Finish each in a lunge</p>	<p>26 Trick for a Treat. Don’t slip—practice your safety fall.</p>	<p>27 Do a jump full turn . Goodbye! Hello!</p>	<p>28 Practice your safety rolls backward. Feet, seat & peek.</p>
<p>29 Fall safely backwards— Feet, seat & peek! Draw a line and fall safely forward along it!</p>	<p>30 Try a monkey jump in your Halloween costume. Can you do a teeter totter?</p>	<p>31 Have fun trick-or-treating! Classes that start 5:30 or later are cancelled!</p>				