TUMBLES

GYMNASTICS

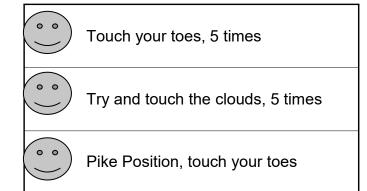
TUMBLES' FLIPPING FIT CHALLENGE SKILL CHART (AGES TODDLER TO YOUNG 3'S)

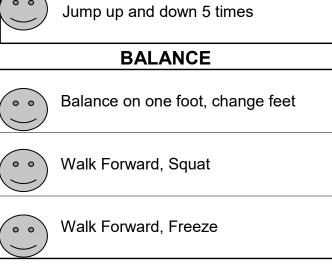
WEEK 3 APRIL 20 - 24

VAULT DRILLS

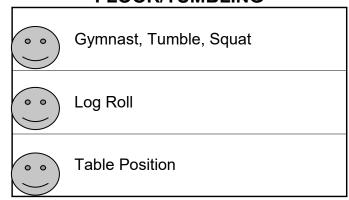
March, count to 10 Run to the nearest door and back

CONDITIONING





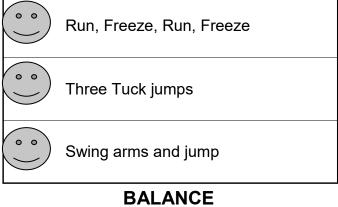
FLOOR/TUMBLING



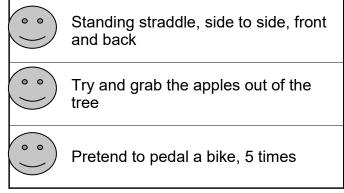
TUMBLES' FLIPPING FIT CHALLENGE SKILL CHART (AGES TODDLER TO YOUNG 3'S)

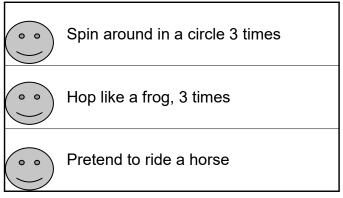
WEEK 4 APRIL 27 - May 1

VAULT DRILLS



CONDITIONING





FLOOR/TUMBLING

0 0	Log Roll
0 0	Gymnast, Tumble, Lunge
0 0	Candlestick to Tuck