



April 2020

Gymnastics Activities Calendar

Tumbles
Mobile
Gymnastics 

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Show someone your SQUAT	2 TIP TOE around the house while you count 20 steps Mom or Dad can also help count	3 Show someone your FREEZE	4 FAMILY FUN DAY
5 FAMILY FUN DAY	6 Show someone your STRADDLE	7 Can you sit on the floor & then stand up without using your hands?	8 Show someone your TUCK	9 Watch yourself in the mirror while you do a KNEESCALE	10 Show someone your TADA	11 FAMILY FUN DAY
12 FAMILY FUN DAY	13 SKIP to the dinner table OR HOP STEP, HOP STEP	14 Show someone your V-SIT	15 Try to be a SUPER listener today	16 Show someone your TABLE	17 Sit in your straddle and look at your favorite book	18 FAMILY FUN DAY
19 FAMILY FUN DAY	20 Show someone your CANDLESTICK	21 Tell your parents one thing you LOVE about gymnastics	22 Make circles with your arms, one at a time	23 Try a V-SIT with no hands	24 Show someone your TUCK JUMP	25 FAMILY FUN DAY
26 FAMILY FUN DAY	27 STRADDLE JUMP three times	28 Let your mom or dad do 5 ROCK N' ROLLS with you	29 STRAIGHT JUMP three times	30 Do one of your favorite exercises from gymnastics class	If your child is not sure how to do something on the activities calendar, please check out our website at www.tumbles2flip.com . We will be posting links to our warmup, skill and calendar videos.	