


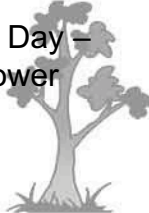


APRIL 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. April fools day – tell a joke 	2. Draw a picture and hang it on your refrigerator	3. Can you try to kick your leg to touch your hand?	4. Practice your very best push-up
5. Practice your address and phone number	6. Wash your hands 2 times a day - it's important	7. Rhyme – old Mother Hubbard - say it - repeat it	8. Have a long jump contest with your family	9. Practice an egg roll	10. Practice tying your shoe	11. Hide eggs and search for them
12. Easter – hop like a bunny 	13. Build a tunnel with couch cushions and crawl under them	14. Drink a healthy glass of orange juice	15. Hug your mommy	16. Practice 10 jumping jacks today	17. Watch a sport on TV and practice your stretching	18. Walk like a crab in your living room
19. Rhyme little Bo peep - say it - repeat	20. Practice a V-sit after you eat dinner	21. Try to throw sponges into a bucket	22. Earth Day – help with recycling in your house 	23. Place a piece of yarn on the floor and jump over it 10 times	24. Arbor Day – plant a flower 	25. Tell someone what you did at gymnastics class
26. Help with making lunch and make it healthy	27. Practice your table position	28. Practice walking around/ over/under objects in your house	29. Rhyme little boy blue - say it – repeat it	30. Go to a park and feed the birds		

Victory Gymnastics Training Center