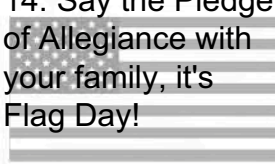
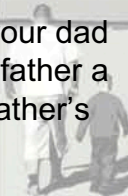


JUNE 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. Eat a piece of healthy fruit	2. Stretch while watching television	3. Show your parents your favorite trick	4. Go to the playground	5. Practice your donkey kicks	6. Hop like a bunny
7. Go for a walk with a friend	8. Make your teddy bear do a flip	9. Tell a friend about gymnastics	10. Hopscotch 3 times in a row	11. Balance on one foot	12. Walk on your tip toes	13. Pretend you are walking on a beam
14. Say the Pledge of Allegiance with your family, it's Flag Day! 	15. Kangaroo hops to brush your teeth	16. Eat a banana like a monkey	17. Draw a picture of an animal	18. Show someone straddle position	19. Show someone tuck position	20. Sing a song with your parents
21. Give your dad and grandfather a hug, it's Father's Day! 	22. Do a forward roll	23. Do hopscotch with daddy	24. Do 5 sit-ups	25. Do 5 push-ups	26. Do ten jumping jacks	27. Read a book with your parents
28. Make funny faces with a friend	29. Tell a friend about gymnastics	30. Drink a glass of milk				

Victory Gymnastics Training Center

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