

MAY 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. Find objects in your home that begin with "R"	2. Can you recite the Pledge of Allegiance with your family?
3. Practice your donkey kick	4. Jump over a small object and shout "hurray"!	5. Try Mexican food for Cinco de Mayo	6. Practice tying your shoe	7. Hug your daddy	8. Read a book together - try the author Margie Palatini	9. Tell a friend about gymnastics
10. Mothers Day, hug and kiss Mommy and Grandma	11. Practice your "TA-DA!"	12. Hop on 1 foot and count to 10	13. Can you count backwards from 10 to 1?	14. Rhyme – act out The Itsy Bitsy Spider	15. Give a high-5 to someone who does a good job	16. Armed Forces Day - Drink a new kind of juice
17. Do 5 tuck jumps and say hurray!	18. Name 3 green foods	19. Brush your teeth extra long	20. Pretend you are a teacher; show how you lead the stretch	21. Hug a relative	22. Find objects in your home that begin with "H"	23. Practice your log roll
24. Sing a song with your family – Pop goes the Weasel	25. Memorial Day - What is your phone number	26. Make a healthy snack with your family	27. Pick out your own clothes to wear	28. Tell mommy 3 things you like to do	29. Practice your cartwheel	30. Practice naming your colors

31. Play hop-scotch with a friend

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