



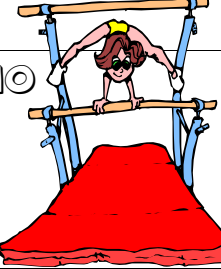
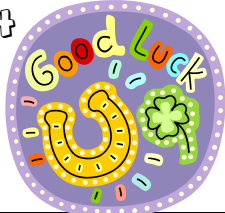


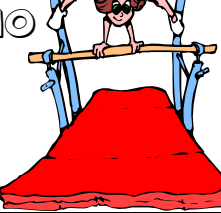



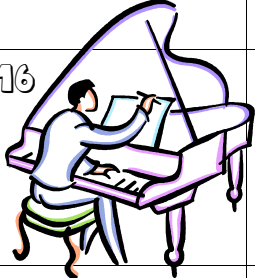













# MARCH 2012

Virginia Techniques Gymnastics, Inc. • 540.381.5151 • www.vatechniques.com

sunday	monday	tuesday	wednesday	thursday	friday	saturday	
<p>Welcome to <b>Musical March!</b> How can you make music with your hands? </p>	<p>Try clapping, patting, or even snapping! See what kinds of patterns you can make!</p>		<p>March is the <b>3rd</b> month in <b>2012</b>, but it is also a skill. Try <b>marching</b> around your house!</p>	<p>1 Summer Camp Registration opens. Sign up today!</p> 	<p>2 <b>Gymnastics</b> The Nastia Liukin Cup is on TV at 7:30pm!</p> 	<p>3 The AT&amp;T American Cup is on NBC from 1-3pm!</p> 	
<p>4 </p>	<p>5 Practice rolling a set of dice and then calling out the numbers on top!</p> 	<p>6 Singing and dancing go together! Turn on a favorite song and dance to it!</p>	<p>7 <b>M</b> is for... <b>March, muscles, music and monkey walks on bars!</b></p>	<p>8 </p>	<p>9 Touch your toes for <b>nine</b> seconds!</p>	<p>10 </p>	
<p>11 Throw some dry beans in a plastic container—you've made your own tambourine!</p> 	<p>12 </p>	<p>13 What is your favorite gymnastics event in class?</p> 	<p>14 How many ways can you walk? Tip-toe, backwards, giant steps...</p>	<p>15 Four leaf clovers are a sign of good luck. Can you find one in your backyard?</p>	<p>16 </p>	<p>17 <b>Happy St. Patrick's Day!</b></p> 	
<p>18 The first Space Walk happened today in 1965!</p> 	<p>19 What is your favorite song? Sing it to mom or dad!</p> 	<p>20 Plan a green day! Wear green clothes, finger paint with green, and talk about green plants!</p> 	<p>21 If you could visit a planet, which one would you choose?</p> 	<p>22 Can you hold your table for <b>22</b> seconds?</p> 	<p>23 Some people whistle to make music. Can you whistle with your mouth?</p>	<p>24 Can you run as fast as a rocket?</p> 	
<p>25 <b>3-2-1 Blast Off Week!</b></p> 		<p>26 <b>3-2-1 Blast Off Week!</b></p>		<p>27 <b>3-2-1 Blast Off Week!</b></p>		<p>28 <b>3-2-1 Blast Off Week!</b></p>	
<p>Your journey begins with rockets and space shuttles... sending you off to planet Techniques! We'll be sure to defy gravity so get ready to experience an out-of-this-world gymnastics class!</p> 		<p>29 <b>Progress Reports!</b></p> 		<p>30 <b>Progress Reports!</b></p>		<p>31 <b>Progress Reports!</b></p> 	
				<p>Come to class and check out all the new skills you have earned on your progress report!</p>			