


Athletic August 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Virginia Techniques & Gymnastics 540.381.5151 www.vatechniques.com</p>	<p>Techniques & Gymnastics 540.381.5151 www.vatechniques.com</p>		<p>Welcome to Athletic August! How many times can you jump in a row?!</p> 		<p>Name three things you love to do outside!</p>  	<p>Practice dribbling or kicking a ball in your backyard!</p>
<p>SUPERHERO TRAINING CAMP & Ribbon Week!</p> <p>Is it a bird?! A plane?! No, it's the NRV's own superheroes flying the skies and protecting its citizens from evil villains!</p> <p>Be sure to receive your ribbon during our ceremonies in class!</p>						
<p>9</p> 	<p>BACK TO SCHOOL</p> 	<p>11 What is your favorite thing about school?</p> 	<p>12 What is your favorite sport? Play it with a friend!</p> 	<p>13</p> 	<p>14</p>  	<p>15 Fold yourself up like a school book in your pike stretch!</p> 
<p>16</p> <p>What is your special athletic power?</p>	<p>17</p> 		<p>19 Lay on your back and practice writing your letters with your toes in the air!</p>	<p>20</p>  	<p>21</p> 	<p>22 Open House Party (No classes) Join us today for tons of fun and gymnastics!</p>
<p>23 Tell a friend two skills you learned on the balance beam this month!</p>	<p>24</p> 	<p>25 What are your favorite things about gymnastics?! </p>	<p>26 How many different ways can you move your feet?!</p>	<p>27 See if you can find a different animal for every letter of the alphabet!</p>		
<p>30 How many days are left of summer?</p> 	<p>31</p> 		<p>Can you run as fast as a cheetah? Show mom or dad!</p>			<p>See you next month! What month comes after August?! </p>