



# May 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Manners May I?</b> Please and thank-you aren't just for home!	We will practice using our manners while working on our gymnastics skills!	Ask if you can help with a job at home – you might learn something new!		Ask someone to read you a bedtime story– remember to say please! <b>May I?</b>	<b>1 May Day</b> 	<b>2 Brothers and Sisters Day</b> – Play outside with them today!
<b>3</b>	<b>4 Teacher Appreciation Week!</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9 Gym Show</b>
<h2>RIBBON WEEK</h2> <p>Be sure to come to class this week and celebrate your prize-winning skills!</p>						
<b>10 Mother's Day</b> Thank mom and grandma for everything they do for you!	<b>11</b>	<b>12</b> Manners will go a long way, make sure they are something you always say!	<b>13</b>	<b>14</b>	<b>15</b> <b>Thank you</b> for being such great students!	<b>16</b> Plant flowers with mom and dad in your backyard!
<b>17</b> Show a friend how to do a zebra kick!	<b>18</b> Lift one leg up to make a beautiful scale!	<b>19</b>	<b>20</b>	<b>21</b> Hold the door open for someone!	<b>22 No Friday Night Hype!</b> <b>Spring</b>	<b>23 Gym Closed</b> 
<b>24</b>	<b>25 Memorial Day Gym Closed</b> 	<b>26</b> Make your very own pattern with jumps! Straddle jump, tuck jump...	<b>27</b>	<b>28</b> Can you point one foot and flex the other foot at the same time?	<b>29</b>	<b>30</b>
<b>31</b> Show everyone your table manners– they will be impressed!		Don't reach for something across the table, only reach for your toes!		<b>Please</b>	Virginia Techniques Gymnastics 540.381.5151 <a href="http://www.vatechniques.com">www.vatechniques.com</a>	