Virginia Techniques Gymnastics www.vatechniques.com 540.381.5151

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Welcome to Opposite October! HotCold, BigSmall!		Join us as our preschool students explore the world of opposites!	Go outside and pick up some leaves. Are they heavy or light?	2	3	日 Take a walk! What signs of fall can you see, feel, touch, and smell?
Help rake leaves and practice your tuck jumps into the pile!		PSS RE			Count to 10 as you jump on one foot! Switch feet!	ି That are you dressing up as for Halloween?
12 Look for orange pumpkins, fruit, and leaves this month!	Columbus Day	Hold your bridge like a spider for 6 seconds!		ි Could ක්රීන්ත pumpkins swing on bars? How about stand on a beam?	ත How many rectangles can you find in the gym?	13
ျစ္ Visit the pumpkin patch with friends!	20	21 If fast is the opposite of slow , what is the opposite of tall ?	22			25 VTGI Spooktacular at 7pm! Come trick- or-treat with us!
20 * October	원가 Can you stand as still as a scarecrow?	23 Carve a pumpkin with an adult!	29	30 Feel a pumpkin, is it smooth or rough?! Hard or soft?	31 Halloween Gym Closes at 6pm	October is the 10th month of 2014!