

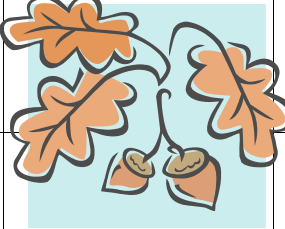




















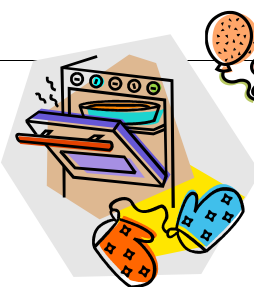





Safety September 2014

sunday	monday	tuesday	wednesday	thursday	friday	saturday
<p>Welcome to Safety September!</p>  	<p>1 Labor Day Gym Closed</p>  <p>Try this: Freeze, freeze, bend your knees!</p>	<p>2 Fall Schedule Begins! Check out our new class times!</p>  <p>9 What are some safety rules at your house?</p> 	<p>3 Name something you can do to keep yourself safe at gymnastics!</p> <p>10 Try brushing water on cement to make water pictures!</p> 	 <p>11 Place one ice cube in the shade and one in the sun. Which melts first?</p> 	<p>5 Throw a football around with your family to kick off the season!</p>  <p>12</p> 	<p>6 What letter does September begin with?</p>  <p>13 Lay on your back and practice writing a, b, and c with your toes in the air!</p> 
<p>14 Hold mom or dad's hand before crossing the street!</p> 	<p>15 What is your favorite thing about fall?</p> 	<p>16 Find an acorn and make it rock and roll. Can you do that too?</p> 	<p>17 Practice Making yourself small and big!</p> 	<p>18</p> 	<p>19 What do you need to wear on your head while riding your bike?</p> 	<p>20 National Gymnastics Day! Join us for our Members Party!</p> 
<p>21 First Day of Autumn—What color leaves do you see?</p> 	<p>22 Can you write your first and last name?</p> 	<p>23</p> 	<p>24 Can you jump backwards five times? Walk backwards?</p> 	<p>25 Is the oven hot or cold? Always ask an adult to help you!</p> 	<p>27 Family Health and Fitness Day—Go for a walk with your family!</p> 	<p>26</p>
<p>23 Help your family rake leaves in the yard!</p> 	<p>30 Practice a safe landing position—land on your feet, bend your knees, and hold your arms in front of you!</p> 	<p>Virginia Techniques Gymnastics www.vatechniques.com 540.381.5151</p>				