







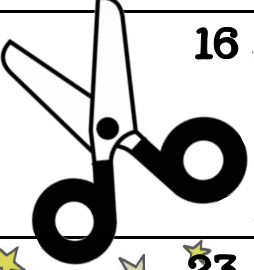

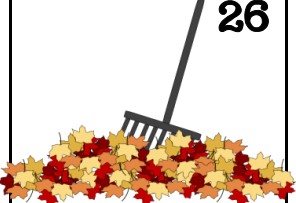



Safety September 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Virginia Techniques Gymnastics www.VATechniques.com (540) 381-5151			Name some 1 things you can do to stay safe at gymnastics!		3 Freeze, Freeze, Bend Your Knees!
	Gym 5 Closed for Labor Day!	ST 6 SL G  P W	Try holding 7 a lever for 6 seconds!		Always hold mom 9 or dad's hand before crossing the street!	
What letter 11 does September begin with?		Is the oven 13 hot or cold? Always ask a grown up to help you!		Practice 15 making yourself big and small!		National 17 Gymnastics Day! Join us for our members party!
 <p>18 19 20 21 22 23 24</p> <p>Sweet Dreamnastics Week</p> <p>Come to class this week ready to fall into a gymnastics dreamland!</p>						
Help your 25 family rake the leaves in the yard!		What is 27 your favorite thing about fall?		What 29 month comes after September?	