








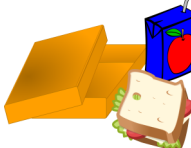








ATHLETIC AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Our fall class schedule starts today!	2 	3 Have you ever been in a canoe or other type of boat?	4 The Techniques Team will be performing at Steppin' Out tomorrow!	5 
6 Volleyball is fun to play with a real ball or even a balloon!	7 	8 Good luck to all of our new Kindergartners starting tomorrow!	9 	10 National S'mores Day! 	11 Can you do a jump for every letter of the alphabet?	12 Annual Open House Party! 9 am - 1 pm 
13 	14 Drink plenty of water when you're exercising!	15 	16 Come see us for Playzones II-I Tues / Wed / Thurs!	17 	18 Show a grown-up your tuck and pike positions!	19 Techniques Ninjas and Gymnasts will be performing at Cirque du Floyd today!!
20 Have you tried our new Busy Bee play-times?	21 	22 What's your favorite sport? (Besides gymnastics of cousel)	23 The balance you learn at gymnastics helps with riding bikes!	24 	25 	26 Can you jump up like a puppy?
27 	28 Warming up is important in every sport!	29 Football season is coming! Do you like to watch or play?	30 	31 Next month is Safety September!	Virginia Techniques Gymnastics www.VATechniques.com (540) 381-5151	