

Calendar of Events for Session #2 GYMNASTICS Winter 2023

(Each week we work on all fundamental skills, the feature skills are what our turns include and we focus on for the lesson)

<u>Class Dates 2023</u>	<u>Theme Details</u>	<u>Feature Skills</u>
January 9 th -14 th	Orientation and Safety Week- Orientation of covid protocols and gym rules	Safety Landings, Dismounts, TA DA Finish, jumps, stop bounce, shaped jumps, stick landings, hangs and swings, front support roll overs, and fundamental skills to assess class for session
January 16 th -21 st	Circus Week —wear some fun and crazy colours, and or patterns to class for some circus style gymnastics fun	Weight transfer, mini cartwheels, inverted hangs in tuck, pike and straddle, skin the cat progressions, dynamic balance, balances on heights, surfaces and angles, cartwheels, cartwheel to handstand, multiple cartwheels, skin the cat, reverse skin the cat, dynamic balance on height
January 23 rd -28 th	Circus Week —wear some fun and crazy colours, and or patterns to class for some circus style gymnastics fun	
January 30 th -February 4 th	Jungle/Animal Week -wear something with an animal on it and bring your favorite stuffed animal to class (please put your name on it)	Hangs, grip changes, beat swings, long hang swings, glide swings, under swings, under swing to roll, small dive rolls, puck handstand to roll, donkey kick to roll, inverted hangs
February 6 th -11 th	Jungle/Animal Week -wear something with an animal on it and bring your favorite stuffed animal to class (please put your name on it)	
February 12th-26th	GYMNASTICS CLUB CLOSED	
February 27 th -March 4 th	Routines	Start teaching routines to classes for Spring Open Houses
March 6 th -11 th	PJ Week —wear gymnastics safe pj's to class. Make sure your feet are not covered	Backwards, front & back, rocking, rock backwards, backward rolls, jump backwards, review log rolls, fall backwards, jump backwards off of heights, jump backwards to roll, spotted back pullovers
March 13 th -18 th	PJ Week —wear gymnastics safe pj's to class. Make sure your feet are not covered	
March 20 th -25 th	Goodbye Winter -come and play some winter games with us to say Goodbye to winter. Wear your favourite sports shirt or jersey	Spins & turns, round & round, spinning & turning, ½ turns, full turns, turns on beams & boxes, log rolls, races, cartwheel review, front support casts
March 27 th -April 1 st	Alphabet & Number Day --wear something with letters or numbers on it and come prepared to do lots of repetitions this week	Body Awareness, stretch & strong, multiple rolls, cartwheels, leg & toe touches, skin the cat, inverted hangs in L, Pike & V, multiple shape jumps, hurdles, rebounds, vaulting jumps
April 3 rd -8 th	Alphabet & Number Day --wear something with letters or numbers on it and come prepared to do lots of repetitions this week	
April 10 th -15 th	Dinosaur Week —wear something with dinosaurs on it if you wish, and come to have some fun with our dinosaurs in the gym	Dynamic Balances, Swings & Hangs, grip changes, long hang swings, under swings, under swing to roll, combination of swings, dynamic balance in different directions, balances on different heights, surfaces and angles
April 17 th -22 nd	Dinosaur Week —wear something with dinosaurs on it if you wish, and come to have some fun with our dinosaurs in the gym	
April 24 th -29 th	Open House Week regular classes at Community Centre	Class open house class times to follow middle of February 2023