

Mitchell Gymnastics Calendar of Events-Session #1

September 11th-December 16th 2023

Class Dates—2023 Sept 11th-Dec 9th	Theme	Feature Skills
September 11 th -16 th	Orientation & Safety Week-Get to know your Coaches, the gym space and the rules and tricks to keep you safe in the gym. This is when we go through basic skills to assess class abilities to plan for remainder of session	Jumps, stick landings & dismounts, hangs & swings, TA DA finishes, controlled jumps, front support on bars to cast dismount
September 18 th -23 rd	World of Wheels Week #1-be ready to try our favourite type of wheels, CARTWHEELS!! If you have a something that has a wheel of any kind on it, please wear it to class. If you are an experienced cart wheeler, come ready to try a variety of different kinds of cartwheels, combinations & on/off varying apparatus'	Through, weight transfer, rolls, front support casts, small cartwheels, log rolls, front support rollovers, rolls on beam, cast ½ turn dismount, weight transfer activities, small & large cartwheels, cartwheel to handstand, multiple cartwheels, running cartwheels, cartwheels from height and more
September 25 th -30 th	World of Wheels Week #2-let's try that again	
October 2 nd -7 th	Fantastic Food Week #1 Our Annual Food Drive begins this week and runs the entire month of October. There will be a location in the lobby to leave your donation. If you have clothing with food on it that you'd like to wear to play with our food in the gym, that would be great!	Spinning & turning, front & back, half turns, turns on beams and boxes, log rolls, cartwheel review, dive rolls, full turns, hang turns, front support cast
Monday, October 9th	Thanksgiving—NO GYMNASTICS Monday, Oct 9th—classes to be held on Friday, October 13th at their regular times	NO GYMNASTICS Monday, Oct 9th—classes to be held on Friday, October 13th at their regular times
October 10 th -14 th	Fantastic Food Week #1 Our Annual Food Drive continues this week and runs the entire month of October. There will be a location in the lobby to leave your donation. If you have clothing with food on it that you'd like to wear to play with our food in the gym, that would be great!	Spinning & turning, front & back, half turns, turns on beams and boxes, log rolls, cartwheel review, dive rolls, full turns, hang turns, front support cast
October 16 th -21 st	Mexican Fiesta Week Food Drive Continues-wear your bright colours and patterns to celebrate Mexican style	Sharing & turn taking, review dynamic balance, jump land rolls, partner rolls, various rebound jumps to land roll, swing land roll, review dynamic balance and swings

October 23 rd -28 th	Black & Orange Week-Food Drive Continues wear orange & black to class and let the Halloween fun begin	Jumps & hangs, shape jumps, hurdles to vaulting jumps, skin the cat, inverted hangs, stretch rolls, roll over objects, support handstand roll, dive rolls
October 30 th -November 4 th	Halloween Week-Last Week of Food Drive-Wear a gymnastics safe costume for continued fun in the gym (make sure to wear clothes underneath so you can remove costume if needed *NO GYMNASTICS TUESDAY OCTOBER 31 ST —classes to be held on Friday, NOVEMBER 3 RD , at their regular times	Jumps & hangs, shape jumps, hurdles to vaulting jumps, skin the cat, inverted hangs, stretch rolls, roll over objects, support handstand roll, dive rolls
Tuesday, October 31st	Halloween—NO GYMNASTICS Tuesday October 31st — classes held on Friday, November 3RD at their regular times	NO GYMNASTICS Tuesday Oct 31st —classes to be held on Friday, November 3RD at their regular times
November 6 th -11 th	Bug & Butterfly Week- wear something with a bug or butterfly on it and have some Spring fun while the weather gets colder outside	Headstands, inchworm walks, skin the cat, hurdles, tuck, pike & straddle jumps, jump land roll, rebound jumps
November 13 th -18 th	Imagination Week-bring your imagination to class and see what fun we can have in the gym this week	Fall up and down, handstands & front supports, handstand against wall, donkey kicks, casts, mini snap downs, review cartwheels, lunge & kick into handstand, snap down fall to back
November 20 th -25 th	Christmas Week #1—break out that red & green and festive gear to start getting into the Christmas spirit with some Christmas fun in the gym	Session Review
November 27 th -Dec 2 nd	Christmas Week #2—another week getting our Christmas spirit out and ready for the season with holiday fun in the gym	Session Review
December 4 th -9 th	Session Finale Open House Final Rehearsal at club	Important for all gymnasts to attend
December 11th-16th	Session Finale Family Open House—at Mitchell Community Center 185 Wellington Street Mitchell in Hall	Important for all gymnasts to attend class times will be sent out in advance