



Gymnastics Homework

10 Pushups every day
Spider Man on Wall
Stretch Splits for 30 seconds

Gymnastics Helpful Home Tips

-  *If you have a blister on your hand from bars: soak in warm salt water for 2 min.*
-  *Always stretch before trying a skill to prevent injuries.*

IMPORTANT DATES:

09 – 06 – 21
Open for Labor Day!

GYMNASTICS QUOTE:

“Tough times never last, but tough people do!”

-Robert Schuller

Gymnastics Trivia: Who won the Olympic Games for Gymnastics in 2016?