

MAY  
2012



## This Month @ The Gym Station



April Showers sure do bring in May flowers. This month in FLIPPERS we will be spring into the summer with lots of jumping and lateral movements. We will ski jump over our french fries using lateral movements from side to side. Also, we will jump off the spring board over the stars while landing with our feet apart or together. These movements help develop your child's gross motor skills and coordination. I hope everyone is ready to spring into summer and get this month started off right!!



This month in Fitness Adventures we will be roaring into shape with our Lion king theme. With elephant stomps and zazu wing exercises we will strengthen our arms and legs. Then we will zoom into our Cars theme! Lightning McQueen and friends will help us get into shape fast with our pedal to the metal resistance bands exercises and our car races. Be sure to ask your student their favorite part of Fitness Adventures!



Dance Showoffs have arrived! We will be showcasing our tap and jazz dances to our friends and family this month. Please check with your school or call our office if you did not receive the email or paper handout with Showoff details. Hope to see you soon!



May has finally arrived and so has the summer Soccer and Baseball seasons. This month our coaches will focus on building your little athletes skills in both of these sports. In Soccer they will work on ball control while dribbling it down the field and improve their kicking accuracy. In Baseball your little slugger will concentrate on throwing the ball correctly, fielding from the ground up, and making solid contact every time they hit the ball. Summer is just around the corner, so our coaches will stress the importance of staying hydrated as well. Remember a healthy today brings a healthy tomorrow!

~As always, if you have any questions please don't hesitate to ask the coach!~



...Healthy Today, Healthy Tomorrow!

Healthy Habits for everyone! Healthy Habits are incorporated into ALL of our Gym Station programs and classes. Whether its dance or sports, preschool or afterschool; you can bet we are ready to pass along the best advice that we can for living a healthy lifestyle! Join us every month for a new tip from our Healthy Habits. Get moving, stay fit... For a Healthy Today, and a Healthy Tomorrow!



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