

May 2020 Virtual Gymnastics 2 Class Schedule



An incredible class where you will begin perfecting tumbling elements, learn a press handstand, get strong and more flexible... oh MY!!

Monday	Tuesday	Wednesday	Thursday	Friday
4 Handstands & Pirouettes 5pm w/ Coach Sydney Handstands are fun and learning to turn in a handstand is more fun!!	5 Handstands & Pirouettes 4pm w/ Coach Sydney Handstands are fun and learning to turn in a handstand is more fun!!	6 All kinds of fun rolls! 5pm w/ Coach Tracy Back rolls are not easy... we will make them fun. So many ways to roll.	7 All kinds of fun rolls! 4pm w/ Coach Tracy Back rolls are not easy... we will make them fun. So many ways to roll.	8 Can you do a 30-second handstand against the wall? How about 10 seconds with NO wall?
11 Dive & 1-arm cartwheels 5pm w/ Coach Sydney Aerials are a high-level skill that begin with dive cartwheels and 1-arms!	12 Dive & 1-arm cartwheels 4pm w/ Coach Sydney Aerials are a high-level skill that begin with dive cartwheels and 1-arms!	13 Solid Round-offs! 5pm w/ Coach Tracy The round-off is the most important skill for back tumbling. Let's learn!	14 Solid Round-offs! 4pm w/ Coach Tracy The round-off is the most important skill for back tumbling. Let's learn!	15 If it is nice outside (and you have soft grass and lots of space)... have someone count how many cartwheels you can do in one minute!
18 Bridges, walkovers, and kickovers... oh my! @5pm w/ Coach Sydney Steps to the handspring. You have to be limber, so let's work on it!	19 Bridges, walkovers, and kickovers... oh my! @4pm w/ Coach Sydney Steps to the handspring. You have to be limber, so let's work on it!	20 Create a skills routine! @5pm w/ Coach Tracy Let's combine our handstand, cartwheel, round-off and rolls into a cool routine.	21 Create a skills routine! @4pm w/ Coach Tracy Let's combine our handstand, cartwheel, round-off and rolls into a cool routine.	22 Can you do a back-bend walking down a wall and back up? Try it!!
25 Happy Memorial Day! 	26 Create a dance routine! @4pm w/ Coach Tracy Leaps, jumps, turns you create it... Coach Tracy will bring some music 😊	27 Create a dance routine! @5pm w/ Coach Tracy Leaps, jumps, turns you create it... Coach Tracy will bring some music 😊	28 Showcase of Talent @4pm w/ Coach Sydney and Coach Tracy This is your chance to show the skills you have worked on. Have your parents watch the show!	29 Showcase of Talent @5pm w/ Coach Tracy and Coach Sydney This is your chance to show the skills you have worked on. Have your parents watch the show!