


May 2020 Virtual Preschool Class Schedule



An incredible class where you will learn proper rolls, cartwheels, handstands, correct jumping technique, and flexibility.... So much FUN!

Monday	Tuesday	Wednesday	Thursday	Friday
4 We can balance! @10am w/ Coach Sharron 1-foot, in a scale, & upside down. Can you balance with your eyes closed?	5 We can balance! @1pm w/ Coach Sharron 1-foot, in a scale, & upside down. Can you balance with your eyes closed?	6 Animal movements @10am w/ Coach Sydney Perch like a bird, walk like a bear, & climb like a lion. Let's be animals!	7 Animal movements @1pm w/ Sydney Perch like a bird, walk like a bear, & climb like a lion. Let's be animals!	8 Can you balance on each foot for 15 seconds without holding on to something? Try it!
11 Beginning handstands! @10am w/ Coach Sharron Handstands are fun! Walk up the wall... find your balance. Hair falls down!	12 Beginning handstands! @1pm w/ Coach Sharron Handstands are fun! Walk up the wall... find your balance. Hair falls down!	13 Let's rock and roll! @10am w/ Coach Sydney Rock in a ball, roll forward and learn a candle roll. So many different rolls!	14 Let's rock and roll! @1pm w/ Coach Sydney Rock in a ball, roll forward and learn a candle roll. So many different rolls!	15 Handstands are hard. Have your parents help you balance against the wall for a count of 5
18 Body positions @10am w/ Coach Sharron There are so many.. lunge, hollow, superman/woman, candle.. get your body strong and you'll learn fast!	19 Body positions @1pm w/ Coach Sharron There are so many... lunge, hollow, superman/woman, candle.. get your body strong and you'll learn fast!	20 Beginner cartwheels @10am w/ Coach Sydney Everyone loves a cartwheel! Learn to kick your legs high and straight. Let's GO!	21 Beginner cartwheels @1pm w/ Coach Sydney Everyone loves a cartwheel! Learn to kick your legs high and straight. Let's GO!	22 Have a show at home: Show your 5 best cartwheels Show your 5 best handstands.
25 Happy Memorial Day! 	26 The Color and Skill Game @1pm w/ Coach Sharron Find something blue AND throw it to mom 3 times... Lot's of fun w/ this game!	27 The Color and Skill Game @10am w/ Coach Sharron Find something blue AND throw it to mom 3 times... Lot's of fun w/ this game!	28 Showcase of Talent @1pm w/ Coach Sydney And Coach Sharron Don't be shy. Show your skills. Have your parents watch the show!	29 Showcase of Talent @10am w/ Coach Sydney And Coach Sharron Don't be shy. Show your skills. Have your parents watch the show!