

Munchkins in Motion

Greater Buffalo Gymnastics & Fitness Center, LLC

February 2019 Newsletter

February Themes

Weeks 22 & 23: Be My Valentine

Take Home: Friendship Snack Mix

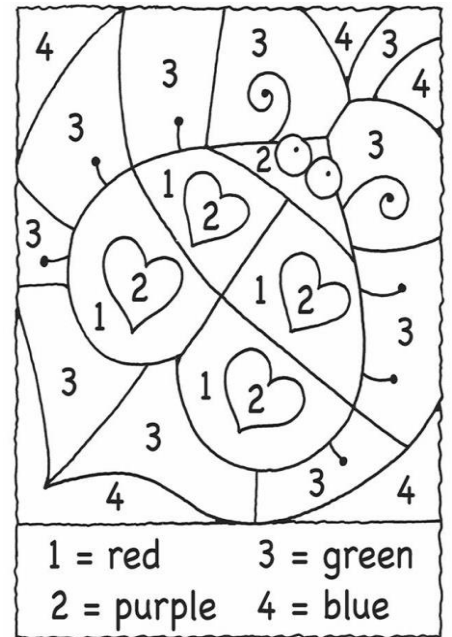
Weeks 24 & 25: Under the Sea

Take Home: Draw a Sea Turtle

Instructor Bio: MISS MORGAN

Miss Morgan started at GBGC in 2016, and did gymnastics here when she was younger. She's currently going to Buffalo State College for teaching. Her favorite food is pasta. Her favorite thing to do outside of gymnastics is to travel, she plans to visit Hawaii and Italy next year!

Color by numbers!



Who should be treated like a "lady" on Valentine's Day?
Find out by following the code to color in the picture.

Last Month Recap

Last month we learned how to do a hallow body on the pacman mat, practiced our skills on beam, and working on the high bar!

We worked on mastering how to do a full vault with the run, hurdle, squat on, and jump off.

We trained like superhero's and mastered superhero training!



Upcoming Events









No closings for the month of February!

Munchkins in Motion Activity Calendar

February 2019



Greater Buffalo Gymnastics & Fitness Center, LLC

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|--|--|
| | | | | | 1 Make your  bed | 2 Be kind. Do one good deed today |
| 3 Is there snow outside? Make a snowman! | 4 Do a straddle stretch | 5 Do 5 tuck jumps | 6 Point and flex your toes 5 times | 7 Clean up your room  | 8 Do a forward roll | 9 Be a good friend to someone |
| 10 Draw your favorite animal and bring it back to the gym! | 11 Set the table for dinner tonight | 12 Do a jump ½ turn | 13 Make a Valentine's Day picture! | 14 Happy  Valentine's Day! | 15 Show someone how to do a candlestick | 16 Stand in a pike stretch for 10 seconds |
| 17 Pretend to be a monkey!  | 18 Do your favorite superhero pose | 19 Make a funny face in the mirror! | 20 Hold an arabesque or scale for 10 seconds | 21 Give someone a compliment  | 22 Help your parents! | 23 Spell your name |
| 24 Make sure you're drinking lots of water!! | 25  Crab walk down your hallway | 26 Do 10 frog jumps  | 27 Ask how you can help someone today! | 28 Have a healthy snack today  | | |