

# Munchkins in Motion

Greater Buffalo Gymnastics & Fitness Center, LLC

April 2019 Newsletter

## April Themes

Weeks 22 & 23: Four Seasons

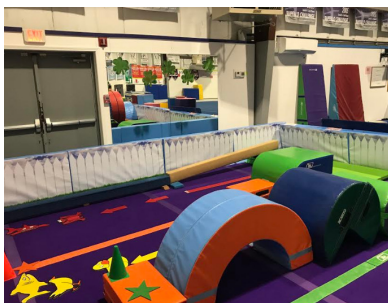
Take Home Activity: Four Seasons Tree Craft

Weeks 24 & 25: Outer Space

Take Home Activity: Edible Constellations

## Instructor Bio: MISS GRACE

Miss Grace has been coaching at Greater Buffalo since 2012. She started gymnastics when she was 3 and also competed on the competitive team here. When she's not at the gym she enjoys going to concerts and the beach with friends and family.



## Connect the dots and color!



## Last Month Recap

This month we worked on all of the different types of walks. We completed passe walks, kick and walking in releve.

We tried different ways to master our cartwheels!!

## Upcoming Events











We will be closed April 21-28!

# Munchkins in Motion Activity Calendar

April 2019



## Greater Buffalo Gymnastics & Fitness Center, LLC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Help a friend	2  Go outside and play!	3 Hold a plank for 10 seconds	4 Walk down the hallway like an inchworm	5 Hold your table top for 15 seconds	6 Sit in a straddle stretch
7 Make your bed 	8 Help your parents	9 Do a passe hold for 10 seconds	10 Draw your favorite animal	11 Walk in releve to your bedroom	12 Hop like a bunny 	13 Give someone a compliment
14 Eat your favorite snack today!	15 Hold an arabesque for 5 seconds	16 Look outside, is it raining?	17  Do 15 frog jumps	18 Help your parents clean 	19  Eat a healthy snack today!	20 Draw an Easter picture
21 Happy Easter! 	22 Happy Earth Day! 	23 Be a good friend!	24 Walk like a duck 	25 Do 5 straddle jumps	26 Try to do a cartwheel	27 Gallop like a horse 
25 Play hopscotch outside!	26 Show someone a 1/1 turn	27 Do 10 tuck jumps	28 What's your favorite color?	29 Show someone how to do a v-sit	30 Have a dance party!! 