

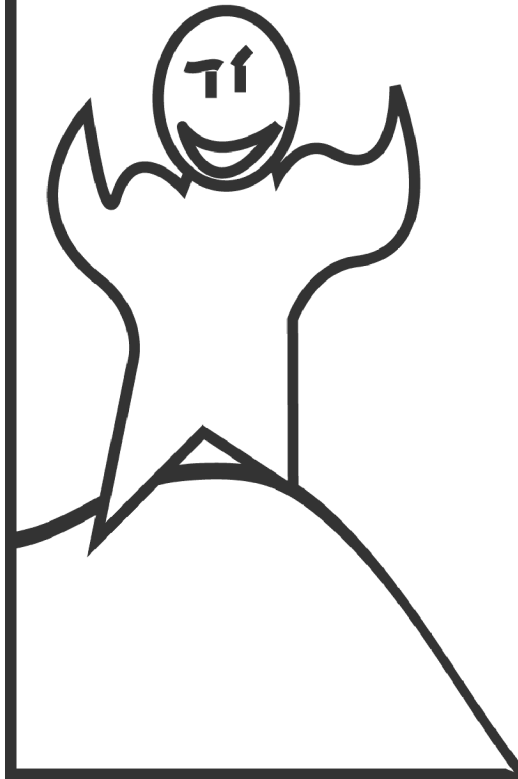
Important Dates:

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| Spring Break | 3/26-4/1 |
| Spring Circus Camp | 2/28 -4/1 |
| CITY CIRCUS SHOW at Theatre Artaud | 4/29-5/8 |
| Summer Session Enrollment (no priority) | 5/23 |
| Memorial Day No Class | 5/30 |

Last day of Spring Session 6/4

Summer Session 6/13-8/27
Summer Circus Camps 6/13-9/2

STRENGTH & CONDITIONING CARD



GREEN LEVEL CONDITIONING & STRENGTH

- ☆☆☆ Hand walks in tuck position
- ☆☆☆ 2 Chin ups (overhand grip)
- ☆☆☆ 10 leg lifts (to 90deg)
- ☆☆☆ Handstand against wall (30sec)
- ☆☆☆ 5 pushups
- ☆☆☆ 30 sec hollow body (arms by side)
- ☆☆☆ 15 candle stick straight jumps



Fill in a star each time you complete one of the exercises.

Work on your strength and conditioning skills at home as much as you can. If you don't have a bar at home, go to a playground or just work on your other conditioning skills.

Star Tip

Use your parent as a partner for your exercises. Correct each other's form and cheer each other on.

Remember, the most important skill in gymnastics is the handstand. And you can work on your handstand anywhere there is a wall, just make sure you do it with an adult around!

