

## Sessions & Lesson Themes

September						
28	29	30	31	1	2	3
<b>Straight or Bent</b>						
4	5	6	7	8	9	10
<b>More Handstands</b>						
11	12	13	14	15	16	17
<b>Circle &amp; Twist</b>						
18	19	20	21	22	23	24
<b>Cartwheels</b>						
25	26	27	28	29	30	
<b>Forward to Backward</b>						

October						
						1
2	3	4	5	6	7	8
<b>Upside Down Day</b>						
9	10	11	12	13	14	15
<b>Start to Finish</b>						
16	17	18	19	20	21	22
<b>Rolling</b>						
23	24	25	26	27	28	29
<b>Twist &amp; Flip</b>						

November						
30	31	1	2	3	4	5
<b>Gym Star Patterns</b>						
6	7	8	9	10	11	12
<b>Reverse It</b>						
13	14	15	16	17	18	19
<b>Together or Apart</b>						
20	21	22	23	24	25	26
<b>Fast, Slow &amp; Across</b>						
27	28	29	30			

December						
			1	2	3	
<b>Fast, Slow &amp; Across</b>						
4	5	6	7	8	9	10
<b>Legs to Arms</b>						
11	12	13	14	15	16	17
<b>Side to Side</b>						
18	19	20	21	22	23	24
<b>Tuck &amp; Squat</b>						
25	26	27	28	29	30	31

January						
1	2	3	4	5	6	7
<b>Tuck &amp; Squat</b>						
8	9	10	11	12	13	14
<b>Mounts &amp; Dismounts</b>						
15	16	17	18	19	20	21
<b>Handstands</b>						
22	23	24	25	26	27	28
<b>2 in a Row</b>						
29	30	31				

February						
			1	2	3	4
<b>In, Out &amp; Across</b>						
5	6	7	8	9	10	11
<b>Up, Down &amp; Over</b>						
12	13	14	15	16	17	18
<b>Cartwheels</b>						
19	20	21	22	23	24	25
<b>Circling &amp; Turning</b>						
26	27	28	29			
<b>Rolls</b>						

March						
			1	2	3	
<b>Rolls</b>						
4	5	6	7	8	9	10
<b>Over the Top</b>						
11	12	13	14	15	16	17
<b>Backwards Day</b>						
18	19	20	21	22	23	24
<b>Supports</b>						
25	26	27	28	29	30	31

April						
1	2	3	4	5	6	7
<b>Bent or Straight</b>						
8	9	10	11	12	13	14
<b>Over &amp; Under</b>						
15	16	17	18	19	20	21
<b>Straddle Day</b>						
22	23	24	25	26	27	28
<b>Apart or Together</b>						
29	30					

May						
		1	2	3	4	5
<b>Lunges</b>						
6	7	8	9	10	11	12
<b>Vertical &amp; Horizontal</b>						
13	14	15	16	17	18	19
<b>High or Low</b>						
20	21	22	23	24	25	26
<b>Arms &amp; Legs</b>						
27	28	29	30	31		
<b>Balance</b>						

June						
				1	2	
<b>Pikes &amp; Layouts</b>						
3	4	5	6	7	8	9
<b>Go Backward</b>						
10	11	12	13	14	15	16
<b>On then Off</b>						
17	18	19	20	21	22	23
<b>Jump or Bounce</b>						
24	25	26	27	28	29	30

July						
1	2	3	4	5	6	7
<b>Straight or Bent</b>						
8	9	10	11	12	13	14
<b>More Handstands</b>						
15	16	17	18	19	20	21
<b>Circle &amp; Twist</b>						
22	23	24	25	26	27	28
<b>Cartwheels</b>						
29	30	31				

August						
			1	2	3	4
<b>Cartwheels</b>						
5	6	7	8	9	10	11
<b>Forward to Backward</b>						
12	13	14	15	16	17	18
<b>Upside Down Day</b>						
19	20	21	22	23	24	25
26	27	28	29	30	31	