



Gymnastics Adventures with Coach Ilyce Afternoon Enrichment Junior Gan Israel 2021

Date	Theme	Motor Skill Focus	Equipment Highlights
6/28/21	Summer Here we Come	Static Balance	"Surf" Boards Streamers
7/7/21 (Wed)	Over the Rainbow	Dynamic Balance	Rainbow Bells Rainbow obstacle course
7/12/21	The Great Outdoors	Push-ups and Sit-ups	Pool Noodles "Snowballs"
7/19/21	Into the Galaxy	Running, Galloping and Skipping	Hula Hoops Balance Domes "Stuffed" Rocket-ships
7/26/21	Under the Sea	Coordination	Scarves Limbo Stick
8/2/21	Lions, Tigers and Bears	Lunging and Bear Crawling	"Noodle" Binoculars Shakers