



Gymnastics Adventures with Coach Ilyce Expanding Horizons Afternoon Enrichment Junior Gan Israel 2023

Date	Theme	Motor Skill Focus	Equipment Highlights
6/26/23	Beach Party	Spatial Awareness	"Surf" Boards Streamers Limbo Stick
7/3/23	Rainbows All Around	Dynamic Balance	Rainbow Bells Hula Hoops Rainbow Balance Beam
7/10/23	Circus Fun	Static Balance	Juggling Scarves Balance Ropes Glitter Wands
7/17/23	3-2-1 Blast Off	Fundamental Locomotor Movement (Jumping and Hopping)	Balance Domes "Stuffed" Rocket-ships Parachute
7/24/23	Firefighters to the Rescue	Agility	Frisbee Pool Noodle
7/31/23	Animals in Action	Lunging Bear Crawling	Animal Faces Shakers Movement Mat