



## Gymnastics Adventures with Coach Ilyce

### Afternoon Enrichment

### Junior Gan Israel 2025

| Date    | Theme                      | Motor Skill Focus        | Equipment Highlights                                     |
|---------|----------------------------|--------------------------|--|
| 6/23/25 | Beach Party                | Spatial Awareness        | “Surf” Boards<br>Streamers<br>Limbo Stick                |
| 6/30/25 | Colors all around          | Dynamic Balance          | Hula Hoops<br>Rainbow Balance Beam<br>Rainbow Tamborines |
| 7/7/25  | Day at the Circus          | Gymnastics Jumps         | Juggling Scarves<br>Balance Ropes<br>Glitter Wands       |
| 7/14/25 | 3-2-1 Blast Off            | Static Balance           | Balance Domes<br>“Stuffed” Rocket-ships<br>Parachute     |
| 7/21/25 | Firefighters to the Rescue | Agility                  | Small Rings<br>Pool Noodle<br>Agility Ladder             |
| 7/28/25 | Lions and Tigers and Bears | Lunging<br>Bear Crawling | Noodle “Binoculars”<br>Animal Pick-Up                    |