



SPRING FUN WEEKS



WK 1

MARCH 10TH-14TH

SPRING INTO SKILLS WEEK!

WELCOME TO SPRING! THIS WEEK ATHLETES WILL BE WORKING ON GYMNASTICS KNOWLEDGE AND BASICS!

WK 2

MARCH 17TH-21ST

SHAMROCK STRENGTH WEEK!

THIS WEEK ATHLETES WILL BE FOCUSING ON THEIR STRENGTH ON THE BARS AND BEAM!
HAPPY ST. PATRICK'S DAY! (3/17/26)

WK 3

MARCH 24TH-28TH

HOPPY SPRING WEEK!

THIS WEEK ATHLETES WILL BE HOPPING AND JUMPING ON THEIR EVENTS THIS WEEK!

WK 4

MARCH 31ST-APRIL 4TH (NO CLASS 4/3/26) EGGSTRA SPECIAL EASTER WEEK!

HAPPY EASTER! THIS WEEK ATHLETES WILL BE DOING EASTER THEMED ACTIVITIES!

WK 5

APRIL 7TH-11TH

TUMBLE IN THE JUNGLE WEEK!

THIS WEEK ATHLETES WILL BE FOCUSING ON THEIR FLOOR TUMBLING THROUGH THE JUNGLE!

WK 6

APRIL 14TH-18TH

BLOOMING BEAM WEEK!

THIS WEEK ATHLETES WILL BE FOCUSING ON THEIR BALANCE ON THE BEAMS!

WK 7

APRIL 21ST-25TH

EARTH DAY WEEK!

ATHLETES WILL BE PARTICIPATING IN A COLORING CONTEST. WINNER WILL RECEIVE A PRIZE. HAPPY EARTH DAY! (4/22/26)

WK 8

APRIL 28TH-MAY 2ND

BACKWARDS WEEK!

ATHLETES WILL BE DOING EVERYTHING BACKWARDS THIS WEEK!

WK 9

MAY 5TH-9TH

RAINBOW ADVENTURE WEEK!

ATHLETES WILL BE DOING RAINBOW INSPIRED DRILLS AT THEIR STATIONS.

WK 10

MAY 19TH-23RD

CONFIDENCE WEEK!

ATHLETES WILL BE WORKING ON BEING CONFIDENT ON EVENTS AND PERFECTING THEIR SKILLS THIS WEEK.

WK 11

MAY 26TH-30TH

SPRING CELEBRATION WEEK!

SHOW OFF WHAT YOU LEARNED THIS SESSION!

