**BEACH PARTY**



**YELLOW SLIDE CIRCUIT**

Climb the mountain

Slide Down

Straddle jump ex

Walk down the beam over sand

Log roll in the towel

Through grass skirt

Cartwheel\*\*\*

**OTHER PARENT/TOT CIRCUIT**

Spiderwalk

Under and over

Balance on stone

Pulloever\*\*\*

Arabesque or flamingo

Toss fish in hoops

Crawl over mountains

Balance board

**TINY PARENT/TOT CIRCUIT**

Up the ladder

Forward roll

Releve in hoops

Passe walks (flamingo)

BSR TaDa in hoop

Cartwheel\*\*\*

**TUMBLE TRAK CIRCUIT**

Straddle jumps-F & B

Side to side jumps

**SMALL BEAMS**

Grasshoppers

Releve

Backwards

Stick dismounts

**BEAMS**

Up the stairs

Releve across the beam

Down stairs

Straddle jumps 3x

Hands down-jump sideways

Popcorn 3x

Front support

**BARS**

N/A

**RED SLIDE CIRCUIT**

UP the Slide

DOWN the stairs

Beam-squat down and move fish

Popcorn-straddle roll

Passe walks

Through tunnel

Walk down the beam

Lever touches

Straddle-jump into pit\*\*\*

Swim across pit

Crab walks or bearcrawls

**AGAINST THE WALL**

Bird Soldier Rocker

Run Jump Freeze

Climb across ladder

Walk up the wall (pullover)

Jump to straddle

Popcorn-straddle roll

Rings-chin hold

Straddle hang

Walk down beam

Jump Stick

**YELLOW SLIDE CIRCUIT**

Climb the mountain

Slide Down

Straddle jump ex

Walk down the beam over sand

Log roll in the towel

Through grass skirt

Cartwheel\*\*\*

**OTHER PARENT/TOT CIRCUIT**

Spiderwalk

Under and over

Balance on stone

Pulloever\*\*\*

Arabesque or flamingo

Toss fish in hoops

Crawl over mountains

Balance board

**TINY PARENT/TOT CIRCUIT**

Up the ladder

Forward roll

Releve in hoops

Passe walks (flamingo)

BSR TaDa in hoop

Cartwheel\*\*\*

**TUMBLE TRAK CIRCUIT**

Straddle jumps-F & B

Side to side jumps

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Up the stairs

Releve across the beam

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Straddle jumps 3x

Hands down-jump sideways

Popcorn 3x

Front support

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