**St Patrick’s Day**



**YELLOW SLIDE CIRCUIT**

Climb the mountain

Slide Down

Jump through hoops

Stick-TaDa

Spiderwalk

Bearwalks

Forward Roll

Passe Hold

Hop over Shamrocks

Front Support or Chin Hold\*\*\*

Spiderwalk

**OTHER PARENT/TOT CIRCUIT**

Crawl through the Rainbow

Up the Ladder

F/B Roll\*\*\*

Peek & Do

BSR/Jump up

Rollie-on belly, walk hands out and in

Stand in Hoop and Lever Touch-put hoop on cone

**TINY PARENT/TOT CIRCUIT**

Cartwheel\*\*\*

BSR/Jump onto beam

Jump over shamrocks

Stick TADA

Under the tunnel

TaDa

Forward Roll

Passe Hold

Climb up

Ring Toss

Jump Stick TaDa

**TUMBLE TRAK CIRCUIT**

Backwards Roll\*\*\*

Jumps

Jump over lines

Walk across mountinas

**SMALL BEAMS**

Releve

Passe

Bunny Hops

Backwards Hops

Grasshoppers

Stick Dismounts

**BEAMS**

N/A

**BARS**

N/A

**RED SLIDE CIRCUIT**

Climb the stairs

Slide Down

Releve across beam

Backwards Across beam

Cartwheel\*\*\*

Walk Feet up

2 Forward Rolls

Spiderwalk

Rings-feet to sky

**AGAINST THE WALL**

Through rainbow tunnel

Donkey Kicks

Climb up

Crawl across ladder

Jump into pot of gold

Stick Dismount

Walk feet up wall

Lever Touches

3 jumps Freeze

Bar Shimmies\*\*\*

Walk/hop over shamrocks

**YELLOW SLIDE CIRCUIT**

Climb the mountain

Slide Down

Jump through hoops

Stick-TaDa

Spiderwalk

Bearwalks

Forward Roll

Passe Hold

Hop over Shamrocks

Front Support or Chin Hold\*\*\*

Spiderwalk

**OTHER PARENT/TOT CIRCUIT**

Crawl through the Rainbow

Up the Ladder

F/B Roll\*\*\*

Peek & Do

BSR/Jump up

Rollie-on belly, walk hands out and in

Stand in Hoop and Lever Touch-put hoop on cone

**TINY PARENT/TOT CIRCUIT**

Cartwheel\*\*\*

BSR/Jump onto beam

Jump over shamrocks

Stick TADA

Under the tunnel

TaDa

Forward Roll

Passe Hold

Climb up

Ring Toss

Jump Stick TaDa

**TUMBLE TRAK CIRCUIT**

Backwards Roll\*\*\*

Jumps (TUCK, SEAT DROPS, BACKWARDS)

Jump over lines

Walk across mountinas

**SMALL BEAMS**

Releve

Passe

Bunny Hops

Backwards Hops

Grasshoppers

Stick Dismounts

**RED SLIDE CIRCUIT**

Climb the stairs

Slide Down

Releve across beam

Backwards Across beam

Cartwheel\*\*\*

Walk Feet up

2 Forward Rolls

Spiderwalk

Rings-feet to sky

**AGAINST THE WALL**

Through rainbow tunnel

Donkey Kicks

Climb up

Crawl across ladder

Jump into pot of gold

Stick Dismount

Walk feet up wall

Lever Touches

3 jumps Freeze

Bar Shimmies\*\*\*

Walk/hop over shamrocks