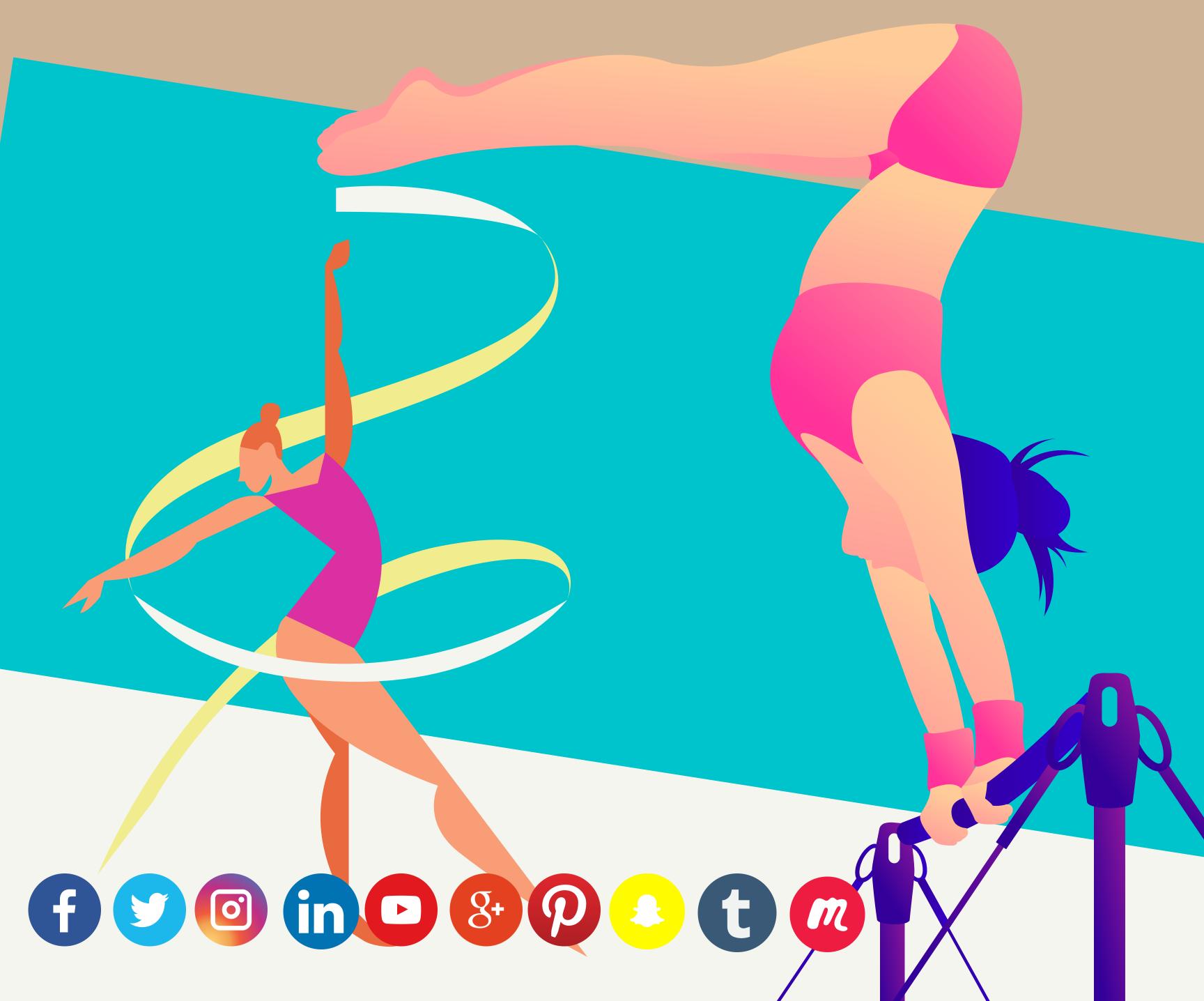
GYMNASTICSINHOME.COM

PREPARE NOW FOR THE FUTURE



VIRTUAL GYMNASTICS GYMNASTICS CLASSES





GYMNASTICS FOR KIDS & ADULTS A COACH IS WAITING FOR YOU



WWW.GYMNASTICSINHOME.COM

English Version

LOS ANGELES SCHOOL OF GYMNASTICS 2021 CALENDAR OF EVENTS School of Gymnastics

Event	Start	End
President's Day	Febraury 15,	
Camp	2021	WE ARE OPEN
Session 1	Febuary 22 2021	April 18. 2021
Spring Camp	March 22, 2021	April 22, 2021
Session 2	April 19, 2021	June 13, 2021
Summer Camp	June 14, 2021	August 6, 2021

Spanish Version

LOS ANGELES SCHOOL OF GYMNASTICS 2021 CALENDARIO DE EVENTOS School of Gymnastics

Evento	Inicia	Termina
Dia De Los Presi- dentes	Febrero 15, 2021	Estaremos Abier- tos
Sesión 1	Febrero 22, 2021	Abril 18. 2021
Campamento de Primavera	Marzo 22, 2021	April 22, 2021
Sesión 2	Abril 19, 2021	Junio 13, 2021
Campamento de Verano	Junio 14, 2021	Agosto 6, 2021

GYMNASTICS IN HOME

YES YOU CAN DO IT



WWW.GYMNASTICSINHOME.COM

PRACTICE CLEALINESS TIP 101. While Wearing a Mask:

- 1. **Cover your mouth and nose.** Make sure there are no gaps between your face and the mask.
- 2. **Avoid touching the mask**. If you do, clean your hands with alcohol-based hand rub or soap and water.
- 3. Replace the mask with a new one as soon as it is damp. **Do not re-use single-use masks**





THERE IS NO EXCUSE STAY ACTIVE

SUBSCRIBE TO OUR CHANNEL ON YOUTUBE LA SCHOOL OF GYMNASTICS

MARCH / APRIL 2021 NEWSLETTER

GYMNASTICS IN HOME

YES YOU CAN DO IT



FOLLOW OUR WEBSITE TO
STAY IN THE LOOP ON
EANLINESS TIP 101. STAY IN THE LOOP ON
EXCEPTION OF THE LOOP ON
EXCEPTION OF THE LOOP ON
EXCEPTION OUR WEBSITE TO
STAY IN THE LOOP ON
EXCEPTION OUR WEBSITE TO
STAY IN THE LOOP ON
EXCEPTION OUR WEBSITE TO
STAY IN THE LOOP ON
EXCEPTION OUR WEBSITE TO
STAY IN THE LOOP ON
EXCEPTION OUR WEBSITE TO
STAY IN THE LOOP ON
EXCEPTION OUR WEBSITE TO
STAY IN THE LOOP ON
EXCEPTION OUR WEBSITE TO
STAY IN THE LOOP ON
EXCEPTION OUR WEBSITE TO

- 1. Remuse sk from benind using the strings. Land using the strings are strings are strings are strings. Land using the strings are strings are strings are strings. Land using the strings are strings are strings are strings are strings. Land using the strings are strings are strings are strings are strings. Land using the strings are strings are strings are strings are strings are strings. Land using the strings are strings are strings are strings are strings are strings. Land using the strings are strings are strings are strings are strings are strings. Land using the strings are strings are strings are strings are strings are strings are strings. Land using the strings are strings are strings are strings are strings are strings are strings. Land using the strings are strings. Land using the strings are strings. Land using the strings are strings
- 2. Discard e k immediate ly in a closed bin.
- While Wea 3. Clean soap and vat 4.
- 1. Cover your mouth and nose. Make sure there are no gaps between your face and the mask.
- 2. **Avoid touching the mask**. If you do, clean your hands with alcohol-based hand rub or soap and water.
- 3. Replace the mask with a new one as soon as it is damp. **Do not re-use single-use masks.**





PRACTICE CLEANLINESS TIP 101. Dispose of your mask:

- 1. Remove the mask from behind using the strings. **Do not touch the front of mask.**
- 2. Discard the mask **immediately** in a closed bin.
- 3. Clean hands with alcohol-based hand rub or soap and water.

MARCH - APRIL NEWSLETTER