



# JUNE

## CAT LEAP INTO THE AQUARIUM

June is adopt a cat month and also aquarium month. Its the month when we have our first day of summer. Jump feet first into fun! Practice landing soft like a cat and flowing smoothly like the water and fish in the ocean.

### FOCUS OF THE MONTH

Body awareness focusing on hand and feet placement with proper timing.

### SKILL TO MASTER

Cat leaps, dash vault variations and soft landings.

### FUN GAMES

Cats vs Fish tag with blocks and quadrupedal movement. Sharks & Minos.

### SAVE A LIFE! ADOPT A PET OR VOLUNTEER AT A SHELTER

Make a difference in the lives of the abandoned and orphan animals. Animals need volunteers to assist the public and work with the staff in Animal Shelters to help keep the animals alive. If you already have pets make sure to give them enough love and enjoy the summer sun with them!



PARKOUR  
ACADEMY