



# Shiver Me Timbers Jelly

Today's Jelly (class theme) is Shiver Me Timbers! With the help of some pirate friends we're learning about **Butterfly** in the pool, **Core Strength** on the wall, and **Core Values** on the mat. You can read more about the current Jelly and download this page at [www.pbjellyfish.com/jelly](http://www.pbjellyfish.com/jelly).

## Today in Yoga Class I Practiced:



Chaturanga Dandasana  
Four Limbed Staff



Ustrasana  
Camel



Utkatasana  
Chair



Navasana  
Boat



Bhujangasana  
Cobra



Vrksasana  
Tree



Virabhadrasana III  
Warrior III

**Buried Treasure Breath** – Using a digging motion with both arms I breathe in as my shovel comes up and breath out with a “chee” sound as my shovel digs down.

**Pirate Breath**- I breathe in while reaching my arm up high, and then breath out with an “aaargh” as I swim across my belly (crossing my midline) with my fist.

### Books & Songs:

**There Was an Old Pirate**- By Jennifer Ward. Fun book to the tune of There was an Old Woman...

**Portside Pirates**- By Oscar Seaworthy (no joke!). Book & CD about a pirate's journey.

**Pirates Don't Change Diapers/Babysit**- By Melinda Long. A series about a boy and his pirate friends.

**Shiver Me Letters**- By June Sobel. A piratized ABC book.

## Today in Climbing Class I Practiced:

**Hold Types**- The colorful pieces on the climbing walls are called holds. Each hold shape has its own name. If I know the names of the holds I can find my way around and get to the treasure at the end.

**Wall Angles**- There are all different types of walls in the climbing gym. Some go straight up and down, while others stick out over my head like climbing up the side of a ship.

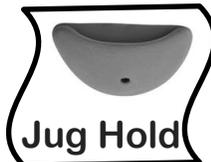
**Jug Hold**- A hold that I can easily grab and it will hide my fingers. I might fit my whole hand inside.

**Overhanging Wall** – A wall that comes out towards me when I'm looking up.

**Climbing with my Core**- If I use my strong pirate core and keep my belly button close to the wall, I will be able to climb on steeper walls.

**Be Aware Rule #1- “I Never Stand Under a Climber”**. When I am in the climbing gym I look around me and never stand/sit under a climber. I find safer zones where the coast is clear.

**Be Aware Rule #4- “I Think Before I Fall”**. When I'm bouldering I always fall on my feet first and then roll back. I'm sure to do a bear hug with my arms across my chest to protect my wrists.



Jug Hold



Overhang  
Wall

## Today in Swimming Class I Practiced:

**Dolphin Kick**- I keep my legs superglued together as I wiggle my mermaid tail up and down. I use my strong core and push from my hips not my knees.

**Butterfly Pull**- While my mermaid tail is working hard, I push my arms down to my pockets and reach them high out of the water. Both arms are moving at the same time and working as a crew.

**Treading With Dolphin Kick**- In deep water, I can point my toes to the floor like I'm standing and use my dolphin kick to keep my head up. It definitely helps if I make Flipper noises.

**\*Since each class is catered to the students, not every class will go over every skill listed.**