

September is Acro Month!

Acrobatic Gymnastics is such an amazing sport and we don't want to limit it to just ATA's competitive team athletes. We believe our recreational students should experience the excitement of the sport as well. For the past couple years now we have been periodically incorporating acrobatic gymnastics into our recreational lesson plans. This has been a huge success and we want to carry on this momentum by bringing Acro Month back for September!

"What is Acrobatic Gymnastics?" you may be thinking. This beautiful sport is a combination of dance, individual acrobatic & tumbling skills and partner skills. Athletes work in pairs or groups to perform skills of balance and of flight. Best comparison—the acrobatic performances in a Cirque Du Soleil show!

During the month of September, students will continue their skill training on the important individual skill goals they have been working on. Instructors will take a small amount of time during each class to focus on this fun and challenging Acrobatic Gymnastics theme. ***If you would like more information on our Pre Team or competitive team program, please stop by the front desk.



ATA represented on America's Got Talent!

Be sure to set your DVR's for season 9's America's Got Talent. Brennan Atsatt and Bryan Allen, ATA's world championship silver medalists, are performing with Acroarmy, a group of 17 elite acrobats from across the country. Their edge of your seat performances have already earned them a spot in the semifinals. Tune in to NBC Tuesday and Wednesday evenings at 9pm and cheer on and VOTE for Acroarmy!

ABC's & 123's

During the weeks of September 15th through September 27th, ATA will be getting into the Back to School spirit! All Intro Tumblers (3-6 years) will practice the alphabet and counting as they perform their gymnastics skills! You would never guess that the ABC's and 123's could be so much fun! All theme activities will follow ATA's curriculum and help to develop student's strength, balance, agility, coordination and flexibility. During circle time, students will sing the ABC song and participate in counting activities. We encourage you to practice letters and numbers at home so that your child can have the best possible learning experience!



National Gymnastics Week

This year we are changing it up a bit...No more National Gymnastics "Day." We want to celebrate ALL WEEK! During the week of September 15th through 20th, all currently enrolled students will get to participate in a special gymnastics celebration. During each child's regular class, there will be a designated time for open practice. Students will be able to choose what they want to practice. Whether it be cartwheels on the floor or back handsprings on the Tumble Trak, all of the coaches will be available for spotting and instruction. At the end of each class, there will be an exciting Acrobatic Gymnastics performance by some of ATA's competitive athletes. It's sure to be a great week of gymnastics!

September's Safety Tip

A gymnast's attire is incredibly important to his or her safety. Below are ATA's policies on dress code for students.

Girls: A clean leotard / Gym shorts are ok with a fitted shirt / No midriff tops / Hair must be tied back before class/ No jewelry except post type earrings / Feet should be bare

Boys: A clean T-shirt / Clean gym shorts / Feet should be bare

