

April is Handstand Month

It seems that some gymnasts prefer spending the majority of their time upside down in a handstand rather than right side up on their feet! You may have noticed this by the fact that your child doesn't walk down the grocery aisle, but cartwheels down the grocery aisle!

One of the core skills in gymnastics is the handstand. Although it is a foundational skill, it can take quite a long time to perfect. The correct technique is critical because this skill carries over into the more advanced skills. Performing an ideal handstand requires a great deal of balance, strength and body control.

Although all ATA classes include handstand practice, there is going to be a stronger emphasis on this skill during the month of April. Depending on the level, students will work on a variety of drills and skills that will help to perfect and build upon this important skill.



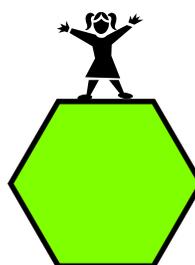
ATA's 19th Annual Spring Celebration Show was a Hit!

Congratulations to everyone who participated in last month's Spring Celebration Show! It was a blast traveling through time with the help of ATA's rockin' jukebox. Students performed to hits from the 50's, 60's, 70's, 80's, 90's and today. ATA's coaches got groovy with a disco inspired routine to the BeeGees "Stayin' Alive." Be sure to check out our website for pictures from the event!



Colors & Shapes

Bright yellow sun, red stop signs, sparkling diamonds...we live in a world of vibrant colors and unique shapes. During the weeks of April 7th through April 19th, all Intro Tumblers (3-6 yrs) will practice identifying colors and shapes as they perform their gymnastics skills!



All theme activities will follow ATA's curriculum and help to develop student's strength, balance, agility, coordination and flexibility.

Achievement Week

Congratulations to all of ATA's students on a fantastic Achievement Week! During the week of March 24-29, students performed a special tumbling or acrobatic skill at the end of each hour of class. We are so proud of your hard work and hope you enjoy your fun ATA wristbands:)

Sizzlin' Summer Fun at ATA!

Looking for summer activities for your child/ren??? Look no further...ATA has the perfect solution with camps, clinics, sleepovers & more! Check out our website or pick up a Summer Activities brochure at the front desk.

