



# Aerial Tumbling & AcroGymnastics

## Gymster Gazette

### July 2014

FlashBack June:  
Skill of the month  
Backward Roll

Last month students of all ages practiced the backward roll. This difficult skill was broken up into developmentally appropriate pieces for different age groups. Our youngest Gymsters practiced mountain-stand up and tuck and roll drills. Older Gymsters were introduced to backward rolls down an incline and across panel mats and we saw lots of progress in coordination and hand placement with this challenging skill from all our students!

Happy 4th of July! Students loved marching in our Gymster Parade and earning gold stars for our ATA flag! We hope your independence day is as fun as our Stars and Stripes celebrations have been!



Don't forget we will be open for classes on the 4th!

Happy Tumbling  
Jocelle Burdett

### Gymster Theme: Dino Days

During the week of July 21-August 2nd Gymster students will get “prehistoric” as we go back in time and joy Dinosaur themed stations, games activities. Don't miss this ROARING good time!



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### Gymster Skill of the Month:

Handstand

Gymster Theme Song: : “We are the Dinosaurs” By the Laurie Berkner Band available on iTunes.

### Mom's Day Out!

Calling all Gymsters! Students and their friends will love our structured gymnastics activities, free play, crafts and games as well as lunch (provided by ATA). Enjoy a Mommy lunch date while your kids play!

July 2: ages 2-4

August 6: ages 2-4

11:15am-1:15pm

\$20 gymsters/\$22 friends

Sign up for both events and get 10% off!

Call today to sign up!

408-224-5437

### Gym Closure

The gym will be closed July 14th-19th for summer break.

Please note there will be no adventure hour open play time during the week of July 7th 11th.

Make ups are not needed for these scheduled days off as our calendar is based on an average of 4 classes per month over a 1yr period.

To download our ATA calendar go to our website at: [www.atagymnastics.com](http://www.atagymnastics.com)