

JULY IS ROLLING MONTH

We've all seen the action movie star go tumbling down the side of the mountain in the big screen movies. Somehow they make it look somewhat graceful! Obviously, we don't do stunt double training at our gym; however, our goal is to teach students to perform skills safely! That's why July is Rolling Month! During this month, every class will spend some extra time focusing on skills/drills that involve rolling...straddle forward rolls, pike back rolls, handstand chest roll down, etc. Students will enjoy learning new and fun variations of the skills they have already been learning in class. There will also be a big emphasis on safety falls! It is so important that all students understand and know how to move into and out of skills safely. Safety falls teach kids how to roll out of a skill in a way that will protect their head,



neck and arms. Beyond learning gymnastics in a fun and challenging environment, one of our main priorities is safety. We are looking forward to a fabulous month! Time to roll on in to Rolling Month!

SUMMER FUN!!!

The clock is ticking...don't miss out on the exciting activities that ATA is offering this summer! Get out of the heat and tumble, flip and fly in our super cool, air conditioned gym! Check out our website or pick up a Summer Activities brochure at the front desk for detailed information. Don't delay, sign up TODAY!



DINO DAYS

During the weeks of July 21st through August 1st, all Intro Tumblers (3-6 years) will travel back in time and tumble with the dinosaurs! All Dino Days activities will follow ATA's curriculum and help to develop student's strength, balance, agility, coordination and flexibility.



Students will learn the following song and sing during circle time. Sung to the tune of "Row, Row, Row Your Boat."

Stomp, stomp, stomp around on your great big feet.

Swish your tail, Turn around, Now go take a seat!

****Sing at home with your child!****

CONGRATS ATA STUDENTS!

Congratulations to all ATA students on their impressive performance during Achievement Week! We are so proud of your hard work and progress. Keep it up! Remember to check out your picture on the wall near the customer service desk! Pics will be posted as of Monday, July 7th.

