



Happy & Healthy

First, we would like to say congratulations to all of our students on a fantastic week of Christmas shows last month!!! What a fabulous way to end 2014! Now, it's time to look ahead and start 2015 on the right track! ATA's Recreational program will spend the month of January focusing on healthy living. During each class, a few minutes will focus on learning how to keep our bodies strong and healthy through exercise and healthy eating. We also want to encourage you to incorporate healthy living choices at home. Here are some ideas to try with your family this new year:

- Get your kids involved in the food preparation** - Kids are more likely to give new, healthy foods a try if they participate in the prep. Find age appropriate ways that they can contribute in the kitchen so that they can take pride in what's put on the table.


- Make exercising FUN!** - Round up the whole family and go for a walk or jog. Ride bikes, roller skate or turn on music and dance. Be creative and build an obstacle course & time each other. Think outside the box!
- Gradually replace sugary drinks with water** - 1 can of Coke has 10 teaspoons of sugar in it and 8 oz. of Apple Juice has 6 teaspoons! Sugar is hard on the liver and over consumption can lead to childhood obesity and diabetes! To switch your child to water, gradually try adding a small amount of water to their juice and increase the amount over time.
- Start Small** – Take 1 day a week to focus on healthy living (Try a new food Tuesday, Water only Wednesday, Fitness Friday, etc.). A lifestyle of fitness and healthy eating isn't always easy or convenient, but passing it on to your children is definitely worth it!

If You're Happy & You Know It!

Intro to Tumbling classes (3-6 yrs) will be learning the following song this month.

If you're happy and you know it do a tuck; If you're happy and you know it do a pike; If you're happy and you know it, in gymnastics class you'll show it. If you're happy and you know it do a straddle.

***Sing at home with your child while performing the gymnastics shapes!

ATA's Spring Celebration Show

ATA's 2015 Spring Celebration show is just around the corner. Don't miss out on this opportunity for your child to show off what they've been learning in class! Space is limited & our sign up procedures have changed, so be sure to check out the details on our website or pick up a flyer @ the front desk.



Date of Show: Saturday, March 14, 2015 @ 7:00pm
Location: Chaboya Middle School **Sign up dates:** 2 days only– Sat. Jan. 17th & Sat. Jan. 24th from 10:30am to 1:30pm (space is limited, sign up early)

January's Safety Tip

Before participating in any physical activity, a proper warm up is essential. At ATA, all classes begin with a warm up period which includes cardio and stretching. This time helps to prepare the body for the physical demands of gymnastics. Because this time is so important, it is critical that your child arrive to class on time. In order for your child to get the most out of every class, we ask that you make punctuality a priority!

