



February is Flexibility Month



Developing flexibility is a crucial part of any student's gymnastics training. Because it's so important, our recreational classes will spend extra time focusing on flexibility during

the month of February! Flexibility (achieved through regular stretching) helps to improve posture, reduce soreness, decrease the risk of injury and improve physical performance. Flexibility from student to student will vary greatly, however, studies have shown that with consistent practice, flexibility can improve. At ATA, all classes spend a designated amount of time on stretching. During the month of February, coaches will not only start off every class with the regular warm up/stretching time, they will include stretching throughout the class by incorporating it into the circuits and stations. In addition, the last 5 minutes of every class will also be spent stretching. At the end of class, students' muscles should be warm (an ideal time for stretching). Students will do toe touches, pancakes, splits, over splits, straddles, back and shoulder stretches, etc. Encourage your child to practice these stretches at home. Better yet, clear out some space in your living room and make it a family event:)

Here are some guidelines...

- Always warm up the body prior to stretching, as this increases blood flow around the body, which in turn makes the muscles more supple.
- Ease into a stretch, relax, and don't push or bounce. You should feel a stretch in the muscle which might be a little uncomfortable, but not painful.
- Remember to breathe regularly and rhythmically. Do not hold your breath.
- Hold each position for approximately 30 seconds.

Friendship Month: Intro 4-6 yrs

As a lead up to Valentine's Day, our Intro Tumblers (4-6 yrs) will spend the first two weeks of February participating in activities that focus on friendship. What's better than doing gymnastics?...doing gymnastics with a friend!!! Students will learn the importance of helping one another and working together as they perform fun partner skills. All friendship themed activities will follow ATA's curriculum and help to develop student's strength, balance, agility, coordination and flexibility.

Valentine's Sleepover

When: Sat. February 14th

Time: 7:30pm to 8:00am

Ages: 6-12 years

Cost: \$45 enrolled students/
\$50 non enrolled students



Space is limited. Sign up today!!!

February's Safety Tip



In order for your child to get the most out of each class, he or she needs your help to be set up for success. A good night's sleep is very important, as well as eating nutritious foods. Avoid sugary foods, sodas or a really heavy meal right before class. Instead, opt for a healthy snack 1 hour to 1/2 hour before class. Some good ideas...whole wheat toast with peanut butter & sliced banana, Greek yogurt with trail mix or granola, an apple with almond or peanut butter.