

February Theme: Friendship

It's the season of Friendship at ATA! February 2nd-14th Gymster students will enjoy stations and group activities that encourage friendship, cooperation and teamwork. Students will practice important social skills like introducing themselves to a new friend, taking turns, giving high fives and encouraging others.

Skill of the month: Straddle

February Theme Song

In February we will be singing the song "The More we Get Together" as we practice social skills during circle time.



Don't Miss It: Friendship Week

All Gymster students are encouraged to invite a friend for FREE* to their regular gymnastics class the week of Feb 2nd -7th. This special class will be filled with friendship building activities, games, songs and more! Stay after class for a snack (provided by ATA) and chat with your BEST BUDDY. Don't miss out on the FUN! RSVP TODAY!

*Age restrictions apply. See front desk for details. All friends must have a waiver filled out by a parent or guardian before class to participate. To fill out the waiver please visit our website at

www.atagymnastics.com



Adventure Hour Time Change

Adventure hour has been a big hit on these cold mornings! To ease congestion at the front desk the new Adventure hour time will be 11:15-12:15. That's 60 min of FUN for your little Gymster! Invite a friend to come for a playdate, at just 5\$ that's a deal anyone would JUMP for!

10 MORE REASONS YOUR PRESCHOOLER SHOULD DO GYMNASTICS

(THAT HAVE NOTHING TO DO WITH LEARNING GYMNASTICS)

11. Coordination. Gymnastics is the basis of all sports. The building blocks for athletic pursuits down the line are laid in gymnastics.

12. Asking for help. Young gymnasts learn how to ask for help from their coach and their classmates.



13. Coping with jealousy. Inevitably another child will learn a skill more quickly, run a race faster or be chosen to lead the line for the day, and your preschooler will not like it. Gymnastics class gives your child an opportunity to cope with those yucky feelings and express them appropriately.

14. Character. Gymnastics stresses the importance of doing the right thing, even when the teacher isn't looking. Preschool gymnasts begin developing this important skill in class.

15. Resilience. A four year old falling down and getting back up while trying to master a cartwheel is learning resilience, the capacity to recover quickly from difficulties.

16. Grit. When you learn to keep trying in order to achieve a goal, it is called grit. Educators around the nation understand the relationship between achievement and grit. Watching that same resilient four year old persist at learning a cartwheel is

laying the groundwork for a child who possesses grit.

17. The value of effort. Gymnastics is not an easy sport. However, if children try hard they will see progress. They will understand



the relationship between effort and success.

18. Ambition. Setting lofty goals and believing that you have the capacity to reach them is the core of what it means to be ambitious. Watching older kids fly around the gym and thinking that someday, if you work hard, that you can do that too, is the beginning of ambition.

19. Courage. Gymnastics can be a scary sport. It is when we face something that pushes us out of our comfort zone that we have the opportunity to develop courage. Courage is not only being brave when



we fear something but it is also a trait we can call upon when we have to do something that we do not wish to do, like chores or homework, all things that preschoolers will be learning to cope with in

the not-too-distant future.

20. Self-confidence. Is it any wonder that a child who develops all of these traits also develops self-confidence? Self-confidence is, simply put, your belief in



yourself. If you are able to do class on your own, following the rules and directions, getting along with your peers, understanding that you are an able learner and that failing is ok because you are ambitious, have courage and grit, is it any surprise that you are self-confident?

So, while I hope all of the Johnny's and Janie's enrolled in a preschool gymnastics program learn great basic skills, have a lot of fun doing so, possibly falling in love with gymnastics and going on to stick with the sport through their childhoods, in the last analysis, these twenty traits will serve them well no matter where their athletic career goes.

Put down the iPad and take your child to the gym.

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