

JULY IS ROLLING MONTH

Stop, Drop & Roll...No, it's not a fire drill! July is Rolling Month and we are so excited to get it rolling along:) 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!

ACHIEVEMENT WEEK JULY 6-11

At ATA every student is a STAR and we want to acknowledge each student's accomplishments! During the week of July 6 - 11, all students will get an opportunity to perform a special/favorite gymnastics skill in front of an audience. Students will then be awarded a special ATA ribbon! Family and friends are welcome to come and watch!

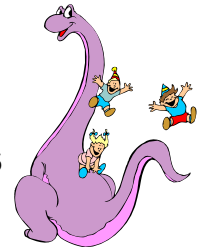


SUMMER FUN!!!

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

ATA is going prehistoric! During the weeks of July 20th through August 1st, all Intro Tumblers (4-6 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!*

ATA TEAM NEWS

Athletes from all over the country and in multiple disciplines, came together this past week in Greensboro, NC to compete at the US National Gymnastics Championships! Team ATA brought over 40 athletes from level 6 to Elite to compete against the best in the US! Greensboro was a huge success with ATA bringing home 7 Gold Medals, 3 Silver Medals and 1 Bronze Medal! We are so very proud of all that was accomplished this season! Junior National Team was also selected at this event and we are happy to congratulate Kaylee Witana, Romina Gupta and Cheyenna Jones for being named as National Team Members. We will begin a new season with tryouts the beginning of August and look forward to welcoming new athletes to this successful group!

422 Blossom Hill Road, San Jose, CA 95123

408-224-5437 www.atagymnastics.com

E mail: info@atagymnastics.com