

August is Balance Month

Having completed a successful "Rolling Month" during July, we are moving onto another extremely important aspect of gymnastics...Balance! It is essential for all gymnasts to continually work to improve their balance and body control. During the month of August, all recreational classes will spend some extra time working on drills and skills that focus on balance. Whether your child has been doing gymnastics for one month or is a seasoned gymnast with years of experience, balance training is so important and will in turn, have a positive effect on the overall progress of your child. During the month of August, students can expect to work on some of the following drills and skills: Mountain tripods, Tripods, Headstands, Elbows stands & Chest stands, Handstands (various positions), Scales (Y-scale, Ring, etc.). Balance training not only helps students perform static holds, such as the ones listed above, it helps to improve core strength. Encourage your kids to practice and show you the balance skills at home that they have been learning in class! Practice makes Perfect!



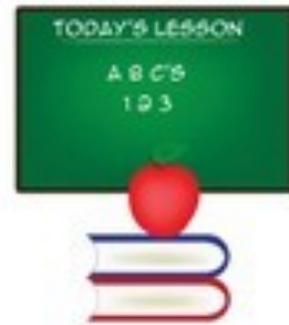
August's Safety Tip

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 arrives 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!



ABC's & 123's

During the weeks of August 10th through August 22nd, ATA will be getting into the Back to School spirit! All Intro Tumblers (4-6 years) will practice the alphabet and counting as they perform their gymnastics skills! You would never guess that the ABC's and 123's could be so much fun! All theme activities will follow ATA's curriculum and help to develop student's strength, balance, agility, coordination and flexibility.



Back 2 School Sleepover

Bring your sleeping bag to an unforgettable night of organized games, relays, obstacle courses, supervised free play and more...Space is limited so sign up today! *ATA will provide dinner as well as a breakfast snack.

When: Aug. 8th **Time:** 7:30pm—8:00am

Ages: 6-12 yrs

Cost: \$45 ATA students

\$50 non enrolled students

