

September is Acro Month!



Acrobatic Gymnastics is such an amazing sport and we don't want to limit it to just ATA's competitive team athletes. We believe our recreational students should experience the excitement of the sport as well. For the past few

years we have been periodically incorporating acrobatic gymnastics into our recreational lesson plans. This has been a huge success and we want to carry on this momentum by bringing Acro Month back for September!

"What is Acrobatic Gymnastics?" you may be thinking. This beautiful sport is a combination of dance, individual acrobatic & tumbling skills and partner skills. Athletes work in pairs or groups to perform skills of balance and of flight. Best comparison—the acrobatic performances in a Cirque Du Soleil show!

During the month of September, students will continue their skill training on the important individual skill goals they have been working on. In addition, instructors will take a small amount of time during each class to focus on this fun and challenging Acrobatic Gymnastics theme. ***If you would like more information on our Pre Team or competitive team program, please stop by the front desk.

Super Heroes

During the weeks of September 14th through September 26th, ATA's Intro tumblers (4-6 years) will jump, climb, flip and fly like their favorite super heroes! Students will use their imaginations and use their super hero powers to save the day! All Super



Hero activities will follow ATA's curriculum and help to develop student's strength, balance, agility, coordination and flexibility.

National Gymnastics Week

National Gymnastics Day (9/19) is fast approaching...however, at ATA we like to celebrate ALL WEEK! During the week of September 14th through 19th, all currently enrolled students will get to participate in a special gymnastics celebration. There will be open gym time, popsicles and a photo booth. It's sure to be a great week of gymnastics!



September's Safety Tip

At ATA, we have state of the art equipment (spring floors, Tumble Traks, landing mats, incline mats, etc.) which provides for a safe environment to learn gymnastics skills. While we do encourage stretching, conditioning & basic progressions at home throughout the week, there are many skills/drills that should ONLY be done in the gym on the proper equipment. If your child would like to practice at home but you are unsure of what is safe, please check with customer service and they can refer you to an ATA manager who can give you helpful guidelines to ensure safety!

