

October is Safety Month

At ATA we strive to offer quality gymnastics instruction in a fun, challenging and positive atmosphere. Our goal is to accomplish all of the above in the **safest** environment possible. As with any activity, there is inherent risk in gymnastics. We want to provide our staff, parents and students with the knowledge and tools necessary for a safe experience every time they walk through ATA's doors. In order to do this, all recreational classes will be focusing on safety during the entire month of October.



Weeks 1 & 2: Safety Falls—classes will discuss why safety falls are so important and practice performing safety falls going forward and backward.

Week 3: Earthquake drill—classes will review and practice the steps that should be taken in the case of an earthquake.

Week 4: Tumble Trak & Trampoline Safety—classes will review and practice following ATA's Tumble Trak rules.

National Gymnastics Week



National Gymnastics Week at ATA was definitely a week to remember! We hope you all enjoyed the open practice time, games and acro! We were so excited to roll out the red carpet so ATA students could join other gymnasts across the country in showing their salute. If you took a pic of your child in our photo booth and haven't done so yet, share it on Facebook, Instagram or Twitter and tag it with #ATANGD2015.

Pumpkin Parade

During the weeks of October 19th through October 31st, ATA's going Orange! A Pumpkin Parade will be rolling through the gym in celebration of Fall! A harvest time theme will be incorporated into all Intro to Tumbling (4-6 yrs) gymnastics activities, which will follow ATA's curriculum and help to develop student's strength, balance, agility, coordination and flexibility.

Celebrate in the festivities & send your tumbler to class in costume the week of the **26th through the 31st**. (Please make sure that your child can still tumble in their costume. Please no scary costumes, wings, long dresses, wigs or hats).



***ATA will be open on Saturday, October 31st.**



ATA's Harvest Sleepover

When: Sat. October 17th 7:30 PM—8:00 AM

Who: ATA students and friends ages 6-12

What: Games, Relays, Pumpkin coloring contest, Costume contest (G-rated, no scary costumes please) & loads of free play! All activities supervised by experienced senior staff who are Safety Certified.

Cost: Members \$48.00 Non-members \$53.00

ATA will provide pizza and a breakfast snack before departure.

Don't miss out on the fun, sign up NOW! Space is limited.

