Aerial Tumbling & AcroGymnastics Newsletter

May 2016

May is Balance Month

We could all use a little more balance in our lives, right? Whether it be a balanced diet or a balanced work/school/social life, maintaining balance is very important!

When it comes to gymnastics, good balance is essential. Balance can be improved through physical training, developing a strong core and focus. During the month of May, all recreational classes will spend some extra time working on drills and skills that require balance. Students will practice tripods, headstands, handstands, scales, core strengthening exercises & much more!

Calling All Super Heroes!

During the weeks of May 16th through May 28th, ATA's Intro tumblers (4-6 years) will jump, climb, flip and fly like their favorite super heroes! Students will use their imaginations to use their super hero gymnastics powers to save the day!

May's Safety Tip

A gymnast's attire is incredibly important to his or her safety. Below are ATA's policies on dress code for students.

Girls: A clean leotard / Gym shorts are ok with a fitted shirt / No mid-riff tops / Hair must be tied back before class/ No jewelry except post type earrings / Feet should be bare / trimmed fingernails & toenails

Boys: A clean T-shirt / Clean gym shorts or pants / Bare feet / trimmed fingernails & toenails

ATA's Hot Hot Hot Summer!

Sign ups are in progress! Don't miss out on the fabulous activities that ATA is offering this summer! From Parent's Night Out & Sleepovers to Practice Gym & Clinics, we are your destination hot spot for all things FUN! Check out our website or pick up a Summer Activities flyer at the front desk for detailed information. Don't delay, sign up TODAY!

April's Teddy Bear Picnic

We hope all of our Intro tumblers enjoyed last month's Teddy Bear Picnic theme as much as we did! Thanks for your participation!

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