

### 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. In order to do this, 3 months out of the year, we incorporate acro into our recreational lesson plans.

"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. Athletes compete on a 40' by 40' spring floor (the same type of floor that USA gymnast Simone Biles competed on in the Rio Olympics to win the gold!).

During the month of September, students will continue their regular skill training. In addition, instructors will take a small amount of time during each class to focus on Acro! For info on our Pre Team or competitive team program, please stop by the front desk.

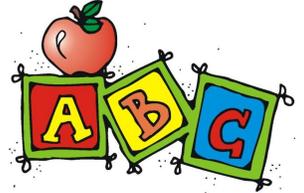
### August's Achievement Week

Congrats to all students on a fabulous achievement week! Check out pics from the event on our Facebook page! Search photos and your child's class day & time.



### ABC's & 123's

ATA is getting into the school spirit! During the weeks of September 12th through September 24th, ATA's Intro tumblers (4-6 years) will perform their gymnastics skills, while having fun with letters, numbers and shapes! It will be a creative and challenging way of reinforcing the concepts they are learning in the classroom.



### National Gymnastics Week



National Gymnastics Day (9/17) is fast approaching...however, at ATA we like to celebrate ALL WEEK! During the week of September 12th through 17th, all currently enrolled students will get to participate in a special gymnastics celebration. There will be open gym time, popsoles 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!