



### October is Handstand Month



It seems that some gymnasts prefer spending the majority of their time upside down in a handstand rather than right side up on their feet! You may have noticed this by the fact that your child doesn't walk down the grocery aisle, but cartwheels down the grocery aisle!

One of the core skills in gymnastics is the handstand. Although it is a foundational skill, it can take quite a long time to perfect. The correct technique is critical because this skill carries over into the more advanced skills. Performing an ideal handstand requires a great deal of balance, strength and body control.

Although all ATA classes include handstand practice, there is going to be a stronger emphasis on this skill during the month of October. Depending on the level, students will work on a variety of drills and skills that will help to perfect and build upon this important skill.

### National Gymnastics Day 2013!

On Saturday, September 21st, approximately 200 kids celebrated National Gymnastics Day at ATA! In addition to games, free play and thrilling team exhibitions, participants learned a little more about the Children's Miracle Network. If you would like more info on how you can bring in donations for the Children's Hospital in



Oakland, please call or stop by the front desk. We will be accepting donations through Saturday, October 12th. Thank you again to all of our National Gymnastics Day participants!

### Pumpkin Parade

During the weeks of October 17<sup>th</sup> 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 (3-6 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 **25th 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).



\*\*\*Students will learn the following song and sing during circle time. Sung to the tune of Frere Jacques (Are you Sleeping?) *Sing at home with your child!*

Pumpkins growing, Pumpkins growing

In the ground, In the ground

Look at all the pumpkins, Look at all the pumpkins

Orange and Round! Orange and Round!

