



Happy New Year!

I hope your holiday's were relaxing and filled with family fun! We loved watching our Gymster students perform at the Christmas shows and are so proud of their accomplishments. Our holiday's were filled with parties, and treats, delicious dinners and stockings filled with candies and goodies. I don't know about you but I've been a bit over indulgent this holiday season and I am looking forwards to getting myself and my family re-focused and back on track, figuratively and literally...Jogging stroller anyone?

ATA's Gymster Academy will spend the month of January focusing on healthy living. Each week your student will be learning how to keep their bodies strong through exercise and healthy eating. We want to encourage you to incorporate healthy living choices at home. I challenge you to get active as a family this month! Grab a piece of chalk and play hopscotch in your front yard! Jumping and hopping are great gross motor skills your preschooler should be practicing and good exercise for grown ups too!

Wishing you a happy, healthy New Year.

Happy Tumbling

Jocelle Burdett

ATA Gymster Manager



Aerial Tumbling and AcroGymnastics Gymster Gazette January 2015

Theme of the Month:

Happy and Healthy

Happy New Year! This month your Gymster will learn how to keep their body happy, healthy and strong! We will discuss how making healthy food choices and exercise can take care of our amazing bodies!



Theme Song:

“Mover Music (Jump Up)” by

Imagination Movers available on iTunes.

Skill: Hopscotch

January is Double Referral Month!

Refer a friend to ATA's Gymster gymnastics!

When your Gymster referral mentions you at sign up, you get \$10 off your February tuition and they get \$10 off too! If you LOVE ATA, now is the time to tell a friend! Now that is a sweet New Year's deal!

2014 Christmas

Show Fun!

ATA's Christmas shows were a huge success. Students showed off all their hard work and skill to family and friends. Gymster teachers and staff are so proud of all our participants!

For pictures from the all the

Christmas shows check out the link on our website at www.atagymnastics.com



10 REASONS YOUR PRESCHOOLER SHOULD DO GYMNASTICS

(THAT HAVE NOTHING TO DO WITH LEARNING GYMNASTICS)



What if Johnny never learns a cartwheel? Or how about if Janie never masters holding a handstand? Would there still be any value

in putting your preschooler in a gymnastics class? Yes, I say. Absolutely, yes.

In addition to it being a lot of fun, here are ten reasons your preschool aged child should

do gymnastics that have nothing to do with learning gymnastics.

1. Separation. Learning to leave your parent or caregiver in the lobby while you go into class is the beginning of learning how to separate before a child goes to school. The ability to adjust to new situations is an important part of a preschoolers' education.

2. Following directions. Gymnastics teaches kids to follow multi-stepped directions. Going around the obstacle course and remembering what to do at each station is far more than gymnastics training.



3. Following safety rules. Listening to the rules of how we keep ourselves safe in the gym helps children learn how to follow rules at home and school. It places an importance on the concept of personal safety that is relevant for life.

4. Patience. No one likes waiting, especially 3, 4 and 5 year olds! Practicing standing in line for short periods of time and containing your excitement as you wait for your turn on the trampoline are just a couple ways gymnastics teaches patience.

5. Working cooperatively. From partner drills to moving a mat together, gymnastics teaches kids to work together for a common purpose.



6. Responsibility in cleaning up. Learning to put your carpet spot or cartwheel mat back into a pile is an important skill and one that many parents will be grateful to have their preschooler master next time there are Legos all over the house!

7. Conflict resolution. It's not easy when you don't get to be first. Or you

don't get the pink poly spot. Or you are unable to stand next to your favorite friend in line. Gymnastics teaches these lessons and helps children learn appropriate ways to resolve their conflicts.

8. Interacting appropriately with adults and peers. Learning to have good manners and speak in a way that is respectful is an important skill for preschoolers to learn. Gymnastics class helps a child learn to treat the teacher with respect and how to navigate social dynamics with their preschool peers.

9. Persistence. Gymnasts must try and try again to achieve even the simplest of skills. Gymnastics teaches kids to stay with an activity until it's completed.

10. Discipline. Combining listening, respect for rules and patience leads to discipline. When a child has the basics of discipline, self-discipline is the next step: the ability to self-regulate behavior.

Our goal at ATA's Gymster preschool program is to teach gymnastics while developing the whole child.

Stay tuned next month for more reasons why your preschooler should do gymnastics and how it can impact the rest of their life!

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