



February is Flexibility Month



Have you ever seen a circus contortionist bend into a pretzel and think, "How is that humanly possible?" Although we don't focus our training on contortionist

status flexibility here at ATA, we do want to encourage our students to continually grow and improve their flexibility. The definition of flexibility is the ability of your joints and body parts to execute their full range of motion. Flexibility (achieved through regular stretching) helps to improve posture, reduce soreness, decrease the risk of injury and improve physical performance. Flexibility from student to student will vary greatly, however, studies have shown that with consistent practice, flexibility can improve. At ATA, all classes spend a designated amount of time on stretching. During the month of February we are going to focus more intensely on different stretches. Coaches will not only start off every class with the regular warm up/stretching time, they will include stretching throughout the class by incorporating it into the circuits and stations. In addition, the last 5 minutes of every class, will also be spent stretching. At the end of class, students' muscles should be warm (an ideal time for stretching). Students will do toe touches, pancakes, splits, over splits, straddles, back and shoulder stretches, etc. We highly recommend that you encourage your child to practice these stretches at home. In fact, we encourage you to put on your yoga pants and join them:)

Here are some guidelines...

- Always warm up the body prior to stretching, as this increases blood flow around the body, which in turn makes the muscles more supple.

- Ease into a stretch, relax, and don't push or bounce. You should feel a stretch in the muscle which might be a little uncomfortable, but not painful.
- Remember to breathe regularly and rhythmically. Do not hold your breath.
- Hold each position for approximately 30 seconds.

Friendship Month



As a lead up to Valentine's Day, our Intro Tumblers (3-6 yrs) will spend the first two weeks of February participating in activities that focus on friendship. What's better than doing gymnastics?...doing gymnastics with a friend!!! Students will learn the importance of helping one another and working together as they perform fun partner skills. All friendship themed activities will follow ATA's curriculum and help to develop student's strength, balance, agility, coordination and flexibility.

Valentine's Day Sleepover

When: Sat. February 15th

Time: 7:30pm to 8:00am

Ages: 6-12 years

Cost: \$44 enrolled students/ \$49 non enrolled students



Space is limited. Sign up today!!!



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