

October is Safety Month

At ATA we strive to offer quality gymnastics instruction in a fun, challenging and positive atmosphere. Our goal is to accomplish all of the above in the **safest** environment possible. As with any activity, there is inherent risk in gymnastics. We want to provide our staff, parents and students with the knowledge and tools necessary for a safe experience every time they walk through ATA's doors. In order to do this, all recreational classes will be focusing on safety during the entire month of October.



Weeks 1 & 2: Safety Falls—classes will discuss why safety falls are so important and practice performing safety falls going forward and backward.

Week 3: Earthquake drill—classes will review and practice the steps that should be taken the case of an earthquake.

Week 4: Tumble Trak & Trampoline Safety—classes will review and practice following ATA's Tumble Trak rules.

Awesome Finish on America's Got Talent!

AcroArmy, contestants on the NBC hit show America's Got Talent, gave an outstanding performance in the finale on September 17th, earning them third place overall! We couldn't be more proud of Bryan Allen and Brennan Atsatt for representing ATA! Thank you to everyone who supported AcroArmy with their votes! If you missed any of their performances, go to www.atagymnastics.com and click on "AcroArmy Takes 3rd!" on the homepage.



Pumpkin Parade

During the weeks of October 17th 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).



***ATA will be open on Friday, October 31st.**



ATA's Harvest Sleepover

When: Sat. October 25th 7:30 PM—8:00 AM

Who: ATA students and friends ages 6-12

What: Games, Relays, Pumpkin coloring contest, Costume contest (G-rated, no scary costumes please) & loads of free play! All activities supervised by experienced senior staff who are Safety Certified.

Cost: Members \$45.00 Non-members \$50.00

ATA will provide pizza and a breakfast snack before departure.

Don't miss out on the fun, sign up NOW!
Space is limited.

