

ATA's 20th Anniversary



It's time to celebrate! ATA is turning 20!!!

It's pretty amazing to look back and see how far ATA has come in 20 years! Founder, Pam Meier, first began teaching gymnastics on panel mats at community centers and churches. During the early 90's, the program at South Valley Christian

Church grew to 200 students and it was clear it was time to find a new home. Pam's husband, Bob Meier, came on board, and together they began an incredible journey.

Aerial Tumbling & AcroGymnastics first tumbled onto the scene in March of 1995 in the cafetorium of what is now Branham High School. In 1999, ATA moved to its current location in Downer's Square shopping center.

For 20 years ATA has stood by its mission statement of providing quality gymnastics instruction in a fun, safe and self esteem building atmosphere. From our just toddling Gymsters to Gold winning team athletes, we couldn't be more proud of the students who have come through our doors! As we celebrate this landmark year, we want to say a big thanks to YOU, our loyal customers! You've helped make all of this possible. We can't wait to see what the next 20 years has in store!

March is Acro Month!

Here at ATA, our team competes in the exciting sport of Acrobatic Gymnastics. This sport is a combination of partner skills, dance and individual acrobatic and tumbling skills. Partners work in pairs or groups to perform skills of balance and of flight. We have such a passion for this sport's beauty and athleticism, as it enhances the gymnasts strength, flexibility, balance and coordination.



2015 will be our 3rd year incorporating Acrobatic Gymnastics skills into our recreational classes. During the months of March, June and September, students will learn basic pair and group acrobatic skills in addition to their regular individual skill training. ***If you would like more information on our Pre Team or competitive team program, please stop by the front desk.

Achievement Week:

March 20 – 26



At ATA every student is a STAR and we want to acknowledge each student's accomplishments! During the dates of March 20—26, all students will get an opportunity to perform a special/favorite gymnastics or acrobatic skill in front of an audience during their regular class time. Students will then be awarded a special ATA wristband! Family and friends are welcome to come and watch!

Buggin' Out



During the weeks of March 6th through March 21st, ATA's Intro Tumblers (4-6 years) will explore the fascinating world of creepy crawlers while doing gymnastics. Students will cartwheel over spider webs, crawl like ants and fly like butterflies. All theme activities will follow ATA's curriculum and help to develop student's strength, balance, agility, coordination and flexibility.

Students will learn the following song and sing during circle time. Sung to the tune of "Are You Sleeping?"

Big bugs, small bugs. Big bugs, small bugs.

See them crawl. See them crawl.

Creepy, creepy crawling. Never never falling.

Bugs, bugs, bugs. Bugs, bugs, bugs.

****Sing at home with your child!*

Safety Tip

Living in San Jose, it's easy to get confused and think it's summer when it's actually the middle of winter! Even though we've been experiencing bright and sunny days, it's important to keep warm before beginning class. In the short walk through the parking lot to the doors of the gym, kids should be dressed appropriately so that they don't get cold, causing their muscles to tighten up. March & April can get chilly, so be sure to bundle up and keep jackets, sweatshirts, pants, etc. on until class begins. Following this safety tip will help students have the best class experience!

