

April 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 no longer walks through the house, but cartwheels through the house!

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 April. 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.

ATA's 20th Annual Spring Celebration Show



Congratulations to everyone who participated in last month's Spring Celebration Show! It was an entertaining night with great performances by

our recreational and team athletes, as well as a fun finale by our coaches. Be sure to check out our website for pictures from the event!



Amazing Animals

During the weeks of April 17th through April 30th, all Intro Tumblers (4-6 yrs) will take a walk on the wild side as they tumble into the world of animals! From hopping like a kangaroo to swinging like a monkey, students are sure to have a blast! All Amazing Animal activities will follow ATA's curriculum and help to develop student's strength, balance, agility, coordination and flexibility. Students will learn the following song & sing during circle time. Sung to the tune of "The Wheels on the Bus."

The wings on the bird go up and down
Up and down, up and down
The wings on the bird go up and down
Go birdie Go

The hooves on the horse go clop, clop, clop
Clop, clop, clop Clop, clop, clop
The hooves on the horse go clop, clop, clop
Go horsy Go

The cute little bunny goes hop, hop, hop
Hop, hop, hop Hop, hop, hop

The cute little bunny goes hop, hop, hop Go bunny Go

Sizzlin' Summer Fun at ATA!



Looking for summer activities for your child/ren??? Look no further...ATA has the perfect solution with camps, clinics, sleepovers & more! Check out our website or pick up a Summer Activities brochure at the front desk. Sign up today!!!

April's Safety Tip



Keeping hydrated is always important. As warmer weather approaches, it is even more critical that your child drinks plenty of water throughout the day. Purchase a reusable water bottle in your child's favorite color/design and encourage them to take it everywhere...school, gymnastics, park, pool, etc. Encourage them to drink and refill it as often as possible.