



Road to Rio

The 2016 summer Olympics is right around the corner



and ATA is excited to cheer on Team USA on their road to Rio! Athletes from around the world will test their strength, determination and skill on the field, floor and in the pool as they compete to see who is the best in the world! I may be biased but I my favorite is always the gymnastics events!

To celebrate, we will have Olympic themed games, and activities in our newsletter all summer long to help you get your child ready for the events in August.

Did you know?

The Olympics started when two Greek cities made peace after years of fighting. They came together and celebrated with a huge festival where citizens enjoyed feasts and the strongest and bravest among them participated in foot races. Eventually wrestling, horse racing, boxing and the pentathlon which included 5 different events, were added. The Greeks decided to meet every 4 years to test their skill and this became the Olympics we know and love today.

Happy Tumbling,

Jocelle Burdett

Preschool Manager

Aerial Tumbling & AcroGymnastics

Gymster Gazette

June 2016

Gymster Theme: Stars and Stripes

June 27th-July 2nd Gymsters will get patriotic as we get ready to celebrate Independence Day! Your little firecracker will love collecting lost stars during class to add to ATA's American flag as they tumble through their gymnastics class and practice marching in our Parade! Make sure to wear your best red, white and blue attire to class this week!



Gymster Skill of the Month:

Acrobatics

Gymster Theme Song:

"You're a Grand Old Flag" by Patriotic Songs of America available on iTunes



Discuss Throw

Use paper plates and have the children try to throw the plates as far as you can! Use different colored plates so the kids can remember which plate is theirs.

Javlin Toss

Cut a pool noodle in half. Use duct tape to loop another pool noodle to form a ring. Hang rings. Toss "Javlin" through rings.

