

### 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 month of October. **Week 1:** Earthquake drill—classes will review and practice the steps that should be taken in the case of an earthquake. **Weeks 2 & 3:** Safety Falls—classes will discuss why safety falls are so important and practice performing safety falls going forward and backward.



### National Gymnastics Week



National Gymnastics Week at ATA was definitely a week to remember! We hope you all enjoyed the open practice time and acro! We were so excited to roll out the red carpet so ATA students could join other gymnasts across the country in celebrating the amazing sport of gymnastics! If you took a pic of your child in our photo booth and haven't

done so yet, share it on Facebook, Instagram or Twitter and tag it with #ATANGD2016.



### ATA will be closed Monday, October 31st

No make ups are needed for this scheduled day off as our calendar is based on an approximate average of 4 classes per month over a one year period.

**Have a fun & safe Halloween!**

### Pumpkin Parade

During the weeks of October 17th through October 29th, 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 (4-6 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 24th through the 29th.**



(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 closed on Mon. October 31st.**

### ATA's Harvest Sleepover

When: Sat. Oct. 29th 7:30PM - 8:00AM

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 \$49.00 Non-members \$54.00

ATA will provide pizza and a breakfast snack before departure.

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

