

Progressing at ATA

At ATA it is our goal to create a successful, positive, self esteem building atmosphere for all of our students. We offer a building block progression of skills in a structured level program. We want students and parents to be able to easily monitor the progress that is being made.

ATA's Gymster program has 4 different levels: GymBugs, GymJumpers, GymBees and Gyminee Crickets. Within each level, there are a number of gymnastics and participation elements that must be mastered before moving onto the next level. We do formal testing once every three months, however, once a student has mastered all of the skills, he or she can be promoted to the next level at any time. Upon promotion, each student will receive a ribbon commemorating their achievement. Setting specific goals allows the student to see the progress being made and nothing motivates like progress!

Parent Child Classes:

GymBugs:

- Mountain
- Bear crawl
- Tuck, Pike, Straddle
- Log roll (floor)
- TA-DA
- Gallop on Tumble Track
- Two foot jump
- Responds to name
- Participates in group activities
- Follows two step directions

GymJumpers:

- Forward roll (incline)
- Handstand (against incline)
- Log roll (incline)
- Table
- Mountain jump
- Straight jump on Tumble Trak
- Responds to name
- Participates in "Teacher Time"
- Participates in "Circle Time"
- Follows 2-3 step directions

GymBees

- Forward roll (incline)
- Mini Backward roll
- Cartwheel jump (beam)
- Handstand (against incline)
- Mountain Kick
- Table walk 5 steps
- Safe Landing Position (floor & Tumble Track)
- Waits turn in line
- Follows 3 step directions
- Makes corrections when shown

Gyminee Crickets

- Forward roll
- Backward roll w/spot on incline
- Cartwheel
- Baby kick handstand
- Safe Landing off raised surface
- Table walk 10 steps
- Waits turn in line
- Follows 4 step directions
- Makes corrections when told

