

Girls Jr. Rec 1 (7-9yr. olds)- Designed to introduce the basics and fundamentals of girls artistic gymnastics, Girls Jr. Rec 1 classes build a foundation and begin to teach progression on each event, preparing them for the next level. This beginner class focuses on learning and understanding body positioning and awareness, coordination, flexibility and self-confidence.

Girls Jr. Rec 2 (7-9yr. olds)- This class is for girls who have developed and mastered skills from Girls Rec Jr. 1 and wish to continue learning. Girls Jr. Rec 2 will help your young gymnast to progress in a fun and safe environment.

Girls Jr. Rec 3 (7-9yr. olds, Invitation Only)- Designed for children with previous gymnastics progressing from Girls Jr. Rec 2 who have demonstrated talent and desire to continue at a more challenging level. Children are selected and evaluated for placement by GymStreet coaching staff. Classes are 90 minutes long.

Girls Sr. Rec 1 (10-14yr. olds)- This class is for girls in grades 4 and up and teaches your gymnast a combination of skills from both Girls Jr. Rec 1 & 2. Girls Sr. Rec 1 classes build a foundation and solidify basics while also teaching progression on each event. This beginner class focuses on learning and understanding body positioning and awareness, coordination, flexibility and self-confidence.

Girls Sr. Rec 2 (10-14yr. olds)- This class is for girls in grades 4 and up and teaches your gymnast a combination of skills from both Girls Jr. Rec 2 & 3. Girls Sr. Rec 2 and is for girls who have developed and mastered skills from Girls Rec Sr. 1 and wish to continue learning. Girls Sr. Rec 2 will teach your gymnast progression in a fun and safe environment.

Boys Jr. & Sr. Rec 1- This class is specifically designed for boys who are beginners to the sport of gymnastics; skills taught on the boy's events (parallel bars, rings, pommel horse vault, vault, floor and high bar) will focus on building strength and coordination. Boys Rec 1 teaches progression in a fun and safe environment, and prepares your child for the next level.

Boys Jr. & Sr. Rec 2- This class is for boys who have progressed from Boys Rec 1 and show a desire to continue learning new and competitive skills. Boys in Rec 2 classes will continue to learn and solidify basics taught in the previous level on all events while still developing strength and coordination.

Tumble Cheer Beginner- This class is designed for girls focused on cheerleading that have a desire to learn to tumble. This beginner class will include cartwheels, round-offs and back walkovers, while improving strength and coordination.

Tumble Cheer Advanced- This advanced class is the next level in progression from Beginner Tumble Cheer. Girls in this class will continue to practice tumbling basics such as back walkovers and round-offs and also include back and front handsprings as well as strength and flexibility.

2-Hour Gymnastics- This class is for girls of all class levels that are looking for a longer class and show a desire to continue practicing existing skills while progressing at their own speed.

Adaptive Gymnastics- Adaptive Gymnastics class is designed for children with special needs both physically and mentally. This class will teach skills at a slower progressive speed allowing kids the opportunity to develop motor skills and basic gymnastics. Each week classes are planned to allow children a fun experience in a safe environment.