

## Taiso Gymnastics Mini 2026 Recreation Schedule

April 27, 2026 through June 12, 2026

The Mini Session registration will open on WEDNESDAY, APRIL 1st at 9:00 am

### Below you will find:

- ~Registration information
- ~ Mini Session Fees
- ~ Class Descriptions including information on our new structure and new programs.
- ~ Mini Class Schedule

### Registration information

This session includes several new programs designed to create smoother transitions for both athletes and coaches. Please read each class description carefully to ensure you register for the correct class.

### Age Requirements

You must be the correct age by the second week of classes. For example, if the class is for 5 year olds, you must be 5 by the second class, or you will not be able to register.

### Checking Completed Achievements in Uplifter

You can view your athlete's completed CanGym Achievements by following these steps:

1. Log in to your Uplifter account.
2. Go to "My Account."
3. Select your participant under the "Participants" section.
4. Open the "Achievements" tab.
5. Select "List View."
6. Check for the highest level in the Completed Achievements. Only completed Levels will appear!

Only completed levels will appear. If your athlete has completed a level, register them in the next level—not the color previously assigned. For example: If Joe has completed Red, he should register in Intermediate to begin working on Tan, not in Red again.

The order of the levels are: Burgundy, Red, Tan, Bronze, Purple, Blue, Turquoise, Silver, Orange, Yellow, Green, Gold.

By completing your registration, you are acknowledging you have read and understand the policies. Remember to read all registration information, including information on [payment and refunds](#).

### Preschool Drop-In

Preschool drop-in for 5 years and under will be running 9:30-11:30 am on most Fridays between September 12 and May 29

If you have any questions, you can contact Kelsey at [info.taiso@gmail.com](mailto:info.taiso@gmail.com) or Debbie at [office.taiso@gmail.com](mailto:office.taiso@gmail.com)

Continue for class fees, class descriptions and class schedule

### **Mini Class Fees**

There are programs offered each day of the week. Each program will get 6-7 classes in the Mini session.

6&7 week class fees are as follows, please remember the GymSask fees are renewed every September. This fee will automatically be added to your invoice if you do not have it for this year.

**GymSask Membership Fee are \$48.00 per participant and are valid September 1, 2025 - August 31, 2026**

### **Fees for 6 Classes**

**Weekday Morning Class Fees (Mini Movers programs Monday morning, or Homeschool programs Thursday morning)**

\$102.00 - 45 minute class once per week

\$120.00 - 1 hour class once per week

**Evening or Weekend Class Fees (All programs starting at 4:00 or later on weekdays, or all day Saturday or Sunday)**

\$135.00 - 45 minute class once per week

\$162.00 - 1 hour class once per week

\$201.00 - 1.5 hour class once per week

\$240.00 - 2 hour class once per week

### **Fees for 7 Classes**

**Weekday Morning Class Fees (Mini Movers programs Monday morning, or Homeschool programs Thursday morning)**

\$119.00 - 45 minute class once per week

\$140.00 - 1 hour class once per week

**Evening or Weekend Class Fees (All programs starting at 4:00 or later on weekdays, or all day Saturday or Sunday)**

\$157.50 - 45 minute class once per week

\$189.00 - 1 hour class once per week

\$234.50 - 1.5 hour class once per week

\$280.00 - 2 hour class once per week

Continue for class descriptions and class schedule

**Class Descriptions**  
**Classes for 2 years through 4 years**  
**Mini Movers - formerly the Preschool Program**

Class Name	Description
<b>Parent &amp; Toddler</b>	<p>This class is for 2 year olds and newly turned 3 year olds that are exploring their independence, but still need the help of one of their parents, guardians or adult. This is a 45 minute class, once per week where the coach guides the Parent &amp; Toddler team through various activities on the pre-school sized equipment. Parent, guardian, or adult will be actively helping their child.</p> <p>The goal is to teach the toddlers to listen, follow direction, stay with the group, and have fun!</p> <p>*Pre-requisite: must be 2 years old by the second class of the session</p>
<b>Wigglers</b>	<p>This class is for semi-independent 3 year olds who are just beginning their gymnastics journey. While most children will participate on their own, parent, guardian, or adult assistance may occasionally be needed. This is a 45-minute class, once per week, where the coach guides the children through fun and safe activities on pre-school sized equipment.</p> <p>The goal is to build confidence, encourage independence, and introduce basic movement patterns — all while having fun!</p> <p>*Pre-requisite: must be 3 years old by the second class of the session</p>
<b>Wobblers</b>	<p>This class is for independent 3.5 year olds with previous gymnastics experience, or new 4 year olds who are just starting out. Parent, guardian, or adult assistance is not required. This is a 45-minute class, once per week, where the coach leads the group through age-appropriate activities that build on the fundamentals introduced in Wigglers.</p> <p>The goal is to develop general and gymnastics-specific movements, foster group participation, and keep the focus on fun and fitness!</p> <p>*Pre-requisite: must be 3.5 years old by the second class of the session, successful participation in Wigglers program, or other gymnastics experience at Taiso</p>

Continue for remainder of class descriptions, and class schedule

<b>Leapers</b>	<p>This class is for 4 year olds who have a foundation in gymnastics and are ready to take the next leap! Children will participate independently in this 45-minute class, once per week. The coach will guide the group through activities that begin to model skills from the Burgundy level of the CanGym program, using pre-school sized equipment.</p> <p>The goal is to build strength, coordination, and confidence while having fun and preparing for the Springers or Beginner class.</p> <p>*Pre-requisite: must be 4 years old by the second class of the session, successful participation in Wobblers program or other gymnastics experience.</p>
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<b>Springers</b>	<p>This class is for experienced 4.5 year olds who have <b>successfully completed the Leapers</b> level and are ready for a bigger challenge. Children will participate independently in this 1-hour class, once per week. The coach will help transition the group from pre-school equipment to full-sized gymnastics apparatuses, introducing skills from the Red CanGym badge.</p> <p>The goal is to continue developing gymnastics fundamentals, build readiness for the Beginner or Intermediate class, and keep the experience exciting and fun!</p> <p>*Pre-requisite: must be 4.5 years old by the second class of the session, successful participation in Leapers program.</p>
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Continue for remainder of class descriptions, and class schedule

**Class Descriptions Continued**  
**Classes for 5 and older**

<b>Beginner</b>	<p>Classes are offered for 5 - 7 year olds and 8 years and older. The class is 1 hour, once per week. Athletes will learn the fundamentals of gymnastics using the Canada wide CanGym program. This is a progressive program where the coaches will lead the participants to work on approximately 20 different requirements. Each requirement they are working on will help the athlete move smoothly to the next level. Focus is on safety, learning basics, building strength, body awareness, fun, fitness and understanding gymnastics. It is important to note that not all requirements will look like an actual skill yet. Skills, drills and progressions must be completed successfully to move to the next level.</p> <p>Beginner levels worked on: Burgundy, Red.          If the athlete has earned or been assigned their red, they should register in the Intermediate program.</p> <p>*Pre-requisite: must be either 5 years old or 8 years old by the second class of the session.</p>
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<b>Intermediate</b>	<p>Classes are offered for 5 - 7 year olds and 8 years and older who have successfully completed their red level. Unless specifically noted, the class may have a range in age. The class is 1 hour, once per week. Skills are starting to take shape, and getting progressively more difficult. The participants will work on approximately 20 different requirements. Each requirement they are working on will help the athlete move smoothly to the next level. Focus is on safety, learning basics, building strength, body awareness, fun, fitness and understanding gymnastics. It is important to note that not all requirements will look like an actual skill yet. Skills, drills and progressions must be completed successfully to move to the next level.</p> <p>Intermediate levels worked on: tan, bronze          If the athlete has earned or been assigned their bronze, they should register in the Novice program.</p> <p>*Pre-requisite: must be either 5 years old or 8 years old by the second class of the session and have completed their red level</p>
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Continue for remainder of class descriptions, and class schedule

<b>Novice - NEW</b>	<p>Classes are offered for athletes 6-8 years old and 9 and older who have successfully completed their bronze level. Programs are more specific to men's (vault, high bar, parallel bars, rings, pommel and floor) and women's (vault, uneven bars, beam and floor) events. The levels are becoming more skill-oriented, as the athletes should have a good understanding of the basics. It often takes the athletes multiple sessions to move through a level.</p> <p>Novice levels worked on: purple, blue          If the athlete has earned or been assigned their blue, they should register in the Advanced program.</p> <p>*Pre-requisite: must be 6 years old or 9 years old by the second class of the session and have completed their bronze level</p>
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<b>Advanced - change in levels</b>	<p>Classes are offered for athletes at any age who have successfully completed their blue level. Programs are specific to men's (vault, high bar, parallel bars, rings, pommel and floor) and women's (vault, uneven bars, beam and floor) events. The levels are more difficult and skill-oriented, as the athletes should be ready for higher skill development. It often takes the athletes multiple sessions to move through a level.</p> <p>Advanced levels worked on: turquoise, silver, orange, green and gold          If the athlete has earned or been assigned their blue, they should register in the Advanced program.</p> <p>*Pre-requisite: must have completed their blue level</p>
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<b>Homeschool</b>	<p>Similar to the programs above offered during the daytime for the homeschool community. Classes are offered on Monday or Thursday mornings. The Homeschool programs do not currently work through the CanGym levels.</p>
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Continue for remainder of class descriptions, and class schedule

<b>Teen Gymnastics &amp; Fitness</b> <b>(Combined with Tumbling)</b>	<p>This class is designed for athletes 12 - 15 year olds who would like to try gymnastics. No experience is necessary as each athlete will train to their own potential. The class is self-driven, with the guidance and direction of the coach. All events are worked on. Emphasis for this group is put on keeping the youth active, while having fun in a safe environment.</p>
<b>Adult Gymnastics &amp; Fitness</b>	<p>This program is for athletes 16 and older. The class is offered once per week, for an hour and a half. It is designed to teach fitness and gymnastics fundamentals to older teen and adult participants. Emphasis will be placed on strength and flexibility followed by individual gymnastics progression. The first hour is structured, while the last half an hour is self-guided free time.</p>
<b>Tumbling for Cheer</b> <b>(Combined with Teen)</b>	<p>These classes are designed for athletes who want to improve their skill set and experience in tumbling. This class is perfect for cheerleaders, but is not limited to them. Athletes will have access to the rod floor, sprung floor, air floor, tumble trak, trampolines and foam pit.</p> <p>Please note, this is not a beginner class. Tumbling experience is necessary.</p>
<b>Acro for Dance</b> <b>(not offered at this time)</b>	<p>These classes are designed for athletes who want to improve their skill set and experience in acro tricks.</p> <p>This class is perfect for dancers, but is not limited to that. Athletes will have access to the rod floor, sprung floor, air floor, tumble trak, trampolines and foam pit.</p> <p>Please note, this is not a beginner class. Tumbling experience is necessary.</p>

Continue for class schedule

**Mini Session Class Schedule**

**Monday**

	<b>9:10-9:55</b>	<b>10:10-10:55</b>	<b>11:10-11:55</b>	<b>11:10-11:55</b>
<b>Mini Movers (Preschool)</b>	Parent & Toddler	Wigglers	Wobblers and Leapers combined	
	<b>4:10-4:55</b>	<b>5:10-5:55</b>	<b>6:10-6:55</b>	<b>7:10-7:55</b>
<b>Mini Movers (Preschool)</b>	Parent & Toddler	Wigglers	Wobblers	Leapers
	<b>4:00-5:00</b>			
<b>Mini Movers (Preschool)</b>	Springers			
	<b>4:00-5:00</b>	<b>5:00-6:00</b>	<b>6:00-7:00</b>	<b>7:00-8:00</b>
<b>Beginner:</b>		5-7 years old	5-7 years old	
Burgundy and Red				8 years and older
		<b>5:00-6:00</b>	<b>6:00-7:00</b>	<b>7:00-8:00</b>
<b>Intermediate:</b>			5-7 years old	
Tan and Bronze		8 years and older		
	<b>6:00-7:30</b>			
<b>Novice Girls (NEW):</b>				
Purple and Blue	6-8 years old			
	n/a			
<b>Novice Boys (NEW):</b>				
Purple and Blue				
	n/a			
<b>Advanced Girls (CHANGED):</b>				
Turquoise, Silver, Orange				
	n/a			
<b>Advanced Boys (CHANGED):</b>				
Turquoise, Silver, Orange				
	<b>7:30-9:00</b>			
<b>NEW! Teen and Tumbling</b>	12 and older			
	<b>7:30-9:00</b>			
<b>Adult Gymnastics &amp; Fitness</b>	16 and older			

PLEASE NOTE: Classes are subject to change based on registration.

**Tuesday**

	<b>4:10-4:55</b>	<b>5:10-5:55</b>	<b>6:10-6:55</b>	<b>7:10-7:55</b>
<b>Mini Movers (Preschool)</b>	Leapers	Parent & Toddler	Wigglers	Wobblers

	<b>4:30-5:30</b>	<b>5:00-6:00</b>	<b>5:30-6:30</b>	<b>6:00-7:00</b>
<b>Beginner:</b>	5 years old	5-7 years old	5-7 years old	
Burgundy and Red				8 years and older

	<b>4:00-5:00</b>	<b>5:00-6:00</b>	<b>6:00-7:00</b>	<b>7:00-8:00</b>
<b>Intermediate:</b>		8 years and older		
Tan and Bronze				5-7 years old

	<b>6:30-8:00</b>
<b>Novice Girls (NEW):</b>	
Purple and Blue	9 years and older
	n/a

<b>Novice Boys (NEW):</b>	
Purple and Blue	

	<b>6:30-8:30</b>
<b>Advanced Girls (CHANGED):</b>	
Turquoise, Silver, Orange	All Ages
	n/a

<b>Advanced Boys (CHANGED):</b>	
Turquoise, Silver, Orange	

PLEASE NOTE: Classes are subject to change based on registration.

**Wednesday**

	<b>4:10-4:55</b>	<b>5:10-5:55</b>	<b>6:10-6:55</b>	<b>7:10-7:55</b>
<b>Mini Movers (Preschool)</b>	Wobblers	Leapers	Parent & Toddler	Wigglers

	<b>4:00-5:00</b>	<b>5:00-6:00</b>	<b>6:00-7:00</b>	<b>7:00-8:00</b>
<b>Beginner:</b>	5-7 years old	5-7 years old	5-7 years old	
Burgundy and Red		8 years and older		

	<b>4:00-5:00</b>	<b>5:00-6:00</b>	<b>6:00-7:00</b>	<b>7:00-8:00</b>
<b>Intermediate:</b>				5-7 years old
Tan and Bronze			8 years and older	

	<b>7:00-8:30</b>
<b>Novice Girls (NEW):</b>	9 years and older
Purple and Blue	

	<b>n/a</b>
<b>Novice Boys (NEW):</b>	
Purple and Blue	

	<b>n/a</b>
<b>Advanced Girls (CHANGED):</b>	
Turquoise, Silver, Orange	

	<b>n/a</b>
<b>Advanced Boys (CHANGED):</b>	
Turquoise, Silver, Orange	

PLEASE NOTE: Classes are subject to change based on registration.

**Thursday**

	<b>11:10-11:55</b>		
<b>Homeschool Tykes:</b>	3 & 4 years old		
	<b>9:00-10:00</b>	<b>10:00-11:00</b>	<b>11:00-12:00</b>
<b>Homeschool:</b>	5-7 years old	5-7 years old	5 years and older
	8 years and older	8 years and older	

	<b>4:10-4:55</b>	<b>5:10-5:55</b>	<b>6:10-6:55</b>	<b>7:10-7:55</b>
<b>Mini Movers (Preschool)</b>	Wigglers	Parent & Toddler	Wobblers	Leapers

	<b>4:00-5:00</b>	<b>5:00-6:00</b>	<b>6:00-7:00</b>	<b>7:00-8:00</b>
<b>Beginner:</b>			5-7 years old	
Burgundy and Red		8 years and older		8 years and older
	<b>4:00-5:00</b>	<b>5:00-6:00</b>	<b>6:00-7:00</b>	<b>7:00-8:00</b>
<b>Intermediate:</b>		5-7 years old		
Tan and Bronze				

	<b>7:00-8:30</b>
<b>Novice Girls (NEW):</b>	6-8 years old
Purple and Blue	
	n/a

<b>Novice Boys (NEW):</b>	
Purple and Blue	
	n/a

<b>Advanced Girls (CHANGED):</b>	
Turquoise, Silver, Orange	
	n/a

<b>Advanced Boys (CHANGED):</b>	
Turquoise, Silver, Orange	

PLEASE NOTE: Classes are subject to change based on registration.

**Friday**

	<b>4:10-4:55</b>	<b>5:10-5:55</b>	<b>6:10-6:55</b>
<b>Mini Movers (Preschool)</b>	Wigglers	Wobblers	Leapers

	<b>4:00-5:00</b>	<b>5:00-6:00</b>	<b>6:00-7:00</b>
<b>Beginner:</b>	5-7 years old		5-7 years old
Burgundy and Red		8 years and older	

	<b>4:00-5:00</b>	<b>5:00-6:00</b>	<b>6:00-7:00</b>
<b>Intermediate:</b>		5-7 years old	
Tan and Bronze			8 years and older

	<b>6:00-7:30</b>
<b>Novice Girls (NEW):</b>	6-8 years old
Purple and Blue	

	<b>n/a</b>
<b>Novice Boys (NEW):</b>	
Purple and Blue	

	<b>n/a</b>
<b>Advanced Girls (CHANGED):</b>	
Turquoise, Silver, Orange	

	<b>n/a</b>
<b>Advanced Boys (CHANGED):</b>	
Turquoise, Silver, Orange	

PLEASE NOTE: Classes are subject to change based on registration.

**Saturday**

	<b>9:10-9:55</b>	<b>10:00-11:00</b>	<b>10:10-10:55</b>	<b>11:10-11:55</b>	<b>12:10-12:55</b>
<b>Mini Movers (Preschool)</b>	Parent & Toddler	Springers	Wigglers	Wobblers	Leapers

	<b>9:00-10:00</b>	<b>10:00-11:00</b>	<b>11:00-12:00</b>
<b>Beginner:</b>	5-7 years old		5-7 years old
Burgundy and Red		8 years and older	

	<b>9:00-10:00</b>	<b>10:00-11:00</b>	<b>11:00-12:00</b>
<b>Intermediate:</b>		5-7 years old	5 years and older
Tan and Bronze	8 years and older		

	<b>12:00-1:30</b>
<b>Novice Girls (NEW):</b>	9 years and older
Purple and Blue	

	<b>12:00-1:30</b>
<b>Novice Boys (NEW):</b>	all ages
Purple and Blue	

	<b>n/a</b>
<b>Advanced Girls (CHANGED):</b>	
Turquoise, Silver, Orange	

	<b>n/a</b>
<b>Advanced Boys (CHANGED):</b>	
Turquoise, Silver, Orange	

PLEASE NOTE: Classes are subject to change based on registration.

**Sunday**

	<b>1:10-1:55</b>	<b>2:10-2:55</b>	<b>3:10-3:55</b>	<b>4:10-4:55</b>	<b>5:00-6:00</b>
<b>Mini Movers (Preschool)</b>	Parent & Toddler	Wigglers	Wobblers	Leapers	Springers

	<b>1:00-2:00</b>	<b>2:00-3:00</b>	<b>3:00-4:00</b>	<b>4:00-5:00</b>
<b>Beginner:</b>	5-7 years old	5-7 years old	5-7 years old	
Burgundy and Red				8 years and older
	<b>1:00-2:00</b>	<b>2:00-3:00</b>	<b>3:00-4:00</b>	<b>4:00-5:00</b>
<b>Intermediate:</b>		5-7 years old	5 years and older	5-7 years old
Tan and Bronze	8 years and older			

	<b>1:00-2:30</b>	<b>2:00-3:30</b>
<b>Novice Girls (NEW):</b>	6-8 years old	
Purple and Blue		9 years and older

	<b>n/a</b>
<b>Novice Boys (NEW):</b>	
Purple and Blue	

	<b>2:30-4:30</b>
<b>Advanced Girls (CHANGED):</b>	all ages
Turquoise, Silver, Orange	

	<b>n/a</b>
<b>Advanced Boys (CHANGED):</b>	
Turquoise, Silver, Orange	

	<b>n/a</b>
<b>Tumbling for Cheer</b>	

	<b>n/a</b>
<b>Acro for Dance</b>	

PLEASE NOTE: Classes are subject to change based on registration.