



Recreation Class Descriptions

Parent & Tot: This class designed for somewhat independent 2 year olds with the help of one adult. It is a 45 minute class where that coach guides the parent & tot team in various activities and on a variety of equipment. The goal is to teach the little ones to listen, follow direction, and stay with the group.

Kindergym 3: This class is for beginner boys and girls that are three years old. It is a 45 minute class where they will learn the basic fundamentals of gymnastics through a variety of activities on and off the equipment. The activities are focussed around what is age appropriate and the safety of the athlete. Emphases are on fun!

Kindergym 4: This class is for beginner boys and girls that are four years old. It is a 45 minute class where they will learn the basic fundamentals of gymnastics through a variety of activities on and off the equipment. The activities are focussed around what is age appropriate and the safety of the athlete. Emphases are on fun!

Class A: This class is for 5 – 7 year old boys and girls. Athletes will learn the fundamentals of recreational gymnastics using the CANGYM National Badge Program created by Gymnastics Canada. Athletes in Class A will be working on the first four badges – burgundy, red, tan and bronze. Each badge contains at least 20 skills and progressions selected to help the participants move smoothly from one level to the next. All skills must be successfully completed to move to the next badge level. At Taiso, while we want to help the kids learn and improve, we focus on fun!

Class B: This is a beginner class for boys and girls 8 year olds and older. Athletes will learn the fundamentals of recreational gymnastics using the CANGYM National Badge Program created by Gymnastics Canada. Athletes in Class A will be working on the first four badges – burgundy, red, tan and bronze. Each badge contains at least 20 skills and progressions selected to help the participants move smoothly from one level to the next. All skills must be successfully completed to move to the next badge level. At Taiso, while we want to help the kids learn and improve, we focus on fun!

Class C: This is an intermediate program for boy and girls who have achieved their bronze badge level, the fourth badge, in the CANGYM program. Athletes in Class C will be working on the 5th – 10th badges, purple through yellow. Each badge contains at least 20 skills and progressions selected to help the participants move smoothly from one level to the next. All skills must be successfully completed to move to the next badge level. At Taiso, while we want to help the kids learn and improve, we focus on fun!

Homeschool Kindergym: This is a 45 minute class for 3 & 4 year old children. The students will learn the fundamentals of gymnastics while learning to be part of a group - following directions, taking turns, etc... Our priority is fun, fitness and fundamentals.

Homeschool Gymnastics: This is a one hour class designed for children aged 5 and older. The students will participate in activities on all types of equipment including the trampolines and foam pit. They will learn the building blocks of gymnastics with an emphasis on learning through fun, fitness and fundamentals.

Taiso Ninja Warriors: This is a class where you will learn basic martial arts, gymnastics, obstacle course, flexibility, strength, fun and more. Our instructor is both a 2nd degree blackbelt in Tae kwondo as well as gymnastics coach. The goal is to take each athlete to the next level of fitness. This class will evolve as the athletes achieve their personal goals.

Special Olympic Stars: This class is for our FI boys and girls 8 years and older. The class is designed to help develop fitness, and the fundamentals of gymnastics. We understand that each day may be different from the next, but always have fun, while building relationships with coaches and other athletes, and work on being active on and off the gymnastics equipment.

Teen Class: This class is designed for athletes 12 and older 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 will be used, including trampoline and foam pits. Our emphasis is FUN, fitness and fundamentals!

Trampoline: This class begins with trampoline basics and safety. They will use both the trampoline and fast track to progress and develop to their individual potential.

Tumbling/Acro for Cheer and Dancers: This class is designed for athletes 12 and older who have a strong skill set and experience in tumbling. It is not limited to cheerleaders or dancers - anyone interested in working tumbling skills are welcome. Athletes will have access to the rod floor, spring floor, air floor, tumble trak, trampolines and foam pits.

Junior Tumbling/Acro for Cheer and Dancers: This class is designed for boys and girls 9 years and older, and/or less experienced tumblers. It is not limited to cheerleaders or dancers - anyone interested in working tumbling skills are welcome. Athletes will have access to the rod floor, spring floor, air floor, tumble trak, trampolines and foam pits.

Adult Gym Fitness: This class is designed to teach fitness and fundamentals to adult participants. Emphasis will be placed on strength and flexibility followed by gymnastics progression. The first hour will be structured followed by an option of staying for an extra 1/2 hour of free time.