

CLASS DESCRIPTIONS – Prices are listed on the registration page after choosing a session.

Parent & Baby

This class is for your 18 - 24 month old toddlers. It is a 30 minute class where the coach guides the parent & baby team in a variety of age appropriate activities. This class is all about introductions into the sport of gymnastics!

Parent & Tot

This class designed for somewhat independent 2 year olds and younger 3 year olds with the help of one adult. It is a 45 minute class where the 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, stay with the group and have fun!

See REGISTRATION for Class days/times and prices.

Kinder Gym 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 focused around what is age appropriate and the safety of the athlete. Emphasis is on fun!

See REGISTRATION for Class days/times and prices.

Kinder Gym 4

This class is for beginner boys and girls that are four years old. Like the Kinder 3 class, 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 and expectations are focused around what is age appropriate and the safety of the athlete. Emphasis is on fun!

See REGISTRATION for Class days/times and prices.

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.

See REGISTRATION www.taiso.ca/registration.html for Class days/times and prices.

Class B

This is a beginner class for boys and girls 7 year old 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.

See REGISTRATION for Class days/times and prices.

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.

See REGISTRATION for Class days/times and prices.

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 Ninjas

This is a class where you will learn basic gymnastics, obstacle course, flexibility, strength, fun and more. The goal is to take each athlete to the next level of fitness. This class will evolve as the athletes achieve their personal goals.

See registration page for class time and price.

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. Ages 7+

Acro & Tumbling - junior and senior groups

These classes are designed for athletes 7-10 years (junior) or 10 years and older (senior) who want to improve their 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.

Sunday junior 2:30-3:30 or senior 3:30-4:30

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.