

TAISO's objective is to promote a healthy lifestyle for all through physical development in which gymnastics plays a key role. TAISO's philosophy of Fun, Fitness & Fundamentals is taught by a team of trained and dedicated instructors. TAISO's personal record charts are an opportunity to educate both child and parent. The charts are utilized to allow continuous and safe progressions from preschool through to competitive in an atmosphere of positive motivation. **Personal Record Charts are given to each General Gymnastics gymnast at the end of each term. Active Start, Junior, Intermediate, and Senior charts are to be returned no later than Week 2 of each term. Charts can be kept at the end of Term 3. Parent & Tot charts do not need to be returned.**

TAISO Sessions are vary in length, with closings for Christmas Holidays and Easter. A TAISO week is Monday to Sunday.

PRESCHOOL PROGRAM

Gymnastics Movement Education

Parent & Tot – 45 minute class – once a week

A unique program where parent/caregiver (one adult/one child) actively participates with their 1.5 yrs – 3.5 yrs old child in basic gymnastics and movement experience using all equipment set up appropriately for the age level. The class helps your child develop body awareness and coordination while promoting cooperation & socialization.

Active Start Gymnastics – 60 minute class – once a week

A valuable program for preschool children ages 3 to 4.5 years old with a ratio of a maximum of 7 children to 1 instructor. This activity-oriented class focuses on the complete physical development of your child while promoting cooperation and socialization. The class incorporates basic gymnastics & movement experience using all equipment set up appropriately for the age level. Your child will learn to understand “what he/she can do”, “why he/she can do it” and “how to do it” in a fun, non-competitive atmosphere.

SCHOOL AGE PROGRAM

Junior Gymnastics – 60 minute class – once a week

Classes are offered to boys and girls school age 4.5 and up. Classes are conducted using a structured format which allots time for a short warm-up and rotations to each event (floor exercise, uneven or parallel bars, rings, pit bar, balance beam, vault, tumble track or trampoline) depending on the scheduled program. The groupings are determined by age, ability and experience. Most classes have several groupings (student/teacher ratio: a maximum of 7 to 1) which allows for movement based on each gymnast's progress.

Intermediate Gymnastics – 2 hour class – once a week

The Intermediate program is offered to gymnasts, male & female, who show the ability to do more challenging skills. Gymnasts usually progress to the 2 hr/wk program, after completion of the Junior Level 4 in the current system and are based on certain physical abilities and skill level. Student/teacher ratio is a maximum of 7 to 1. A TAISO gymsuit is mandatory (female gymnasts) and attendance at special events is optional.

Senior Gymnastics – 4 hours a week

The Senior program is offered to selected gymnasts from our Intermediate program, who have achieved an appropriate physical ability & skill set. Gymnasts usually progress to the Senior program after evaluations are completed in the Intermediate program. A TAISO gymsuit is mandatory & attendance at special events is optional.

Power Tumbling (Co-Ed) – 2 hour class – once a week

This program is offered to TAISO Intermediate & Senior gymnasts who wish to improve their tumbling skills.

COMPETITIVE PROGRAM – FEMALE ARTISTIC GYMNASTICS

Although many gymnasts need not compete to achieve the self-satisfaction that gymnastics offers, entering competition can provide a tremendous motivation to improve one's skill level. TAISO has an extensive program of competitive teams starting at an introductory pre-competitive level through to the national level. Flow chart of programs is posted in the mezzanine. TAISO teams are highly regarded for their technique and performance, producing numerous champions at the local, Provincial, Atlantic/Eastern, National and International level. TAISO team members participate in competitions appropriate to their own levels. Requirements for competitive gymnasts include weekly training of a minimum 6 hours per week for the complete year, including the summer.

PROGRAM POLICIES

Due to the nature of a gymnastics gym environment with varying number of instructors, and at most times many children in different classes at the same time, it is important that **safety guidelines must be followed.**

GYM ENTRY - Only registered gymnasts & staff are permitted in the gym area with the exception of TAISO's Parent & Tot classes, where 1 adult per child is required. Classes commence and end promptly at scheduled times. Should your child arrive late for class, please ensure an instructor is aware and takes your child to his/her group.

❖ **Continuous late entry (10+ minutes) cannot be tolerated.** Please ensure punctuality out of respect for your child and your child's instructor(s). Should frequent lateness (3 times) occur, your child will not be allowed to enter the class. Please avoid this uncomfortable situation.

❖ Once a child has entered the gym area, it is necessary that they remain with the class. If a child does not want to participate or stay in the gym, then they must stay in the mezzanine for the remainder of the class.

❖ We kindly ask that parents wait in the kitchen with child, until greeting from instructor & meet your child in the foyer at the end of class.

Please DO NOT drop your child off early without supervision & be on time to pick-up your child. Our staff continually reinforce the “wait in foyer” rule, but as most instructors continue with another class, it is difficult to ensure that your child stays inside the facility.

❖ If a **washroom trip** is necessary, the parent of the preschool child will be requested to come down and assist his/her child. The best scenario is to ensure your child has made that trip prior to class. 😊

BEHAVIOR – TAISO strives to provide a fun and safe learning environment. In order to fulfil this commitment, we ask that all children abide by basic behavioural guidelines. Our instructors are trained to direct the energy and excitement that the program generates and if action needs to be taken due to a child's continuous interruptions or ongoing disregard for the rules, the instructor will notify parents and the child may be removed from that class for that day. In an instance of improper physical contact (pushing, shoving, hitting), the child(ren) will be removed immediately from the class for that day and the parent(s) notified. We ask for your cooperation in reaching a positive outcome for all.

COMMUNICATION is most important. While every effort is made to communicate clearly, there may be occasions when a gymnast, parent / guardian have concerns they wish to address. Please follow the established procedure:

❖ Gymnast and parent/guardian should first contact the instructor with concern(s) either after class or by leaving your name and phone number with Office Staff or in the Coach of the Month Mail Box in the foyer. Please note that your child's personal record chart has a place on it for this.

❖ The instructor will respond to this communication in a timely manner, noting it to the General Gymnastics Coordinator, Michelle DeBay.

❖ If gymnast or parent/guardian are not satisfied with the results of this response by the instructor, they may contact Michelle at taiso.gymnastics@ns.aliantzinc.ca to address the issue further.

DRESS CODE - Shorts/sweatpants and T-shirt or a gymsuit, must be worn. Please do not wear tank tops with spaghetti straps or bra / crop tops.

As well NO jewellery, zippers or belts. It is best for hair to be tied back. And No gum chewing at gymnastics class. Barefeet is preferred however, gym slippers are acceptable. Please - **No Water Bottles in the gym!** A water fountain is located in the gym for drinks, if needed.

Two (+) hours/week female gymnasts are required to purchase a TAISO gymsuit upon entry into the program.

PARENT VIEWING - TAISO's Mezzanine viewing area offers a comfortable space for adults and siblings. For everyone's viewing pleasure ~

****PLEASE RESPECT THE “QUIET ZONE” UPSTAIRS.****

REGISTRATION POLICIES

Within each gymnastics year (September - June), current members will have a pre-registration period prior to Open Registration for new members.

A member's place in their current class is guaranteed for Term 2 & 3, only until the final day of Current Member Registration.

Summer & Fall registration is on a first come, first serve basis.

NO place will be held without payment! Phone registrations are not accepted.

A NON-REFUNDABLE, ANNUAL REGISTRATION FEE: is charged to every child. This fee goes toward insurance and registration with Gymnastics Nova Scotia & Gymnastics Canada. The \$37 fee is paid once per year (September to August).

PAYMENT: Registration can be done online or in person during posted office / reception hours. Payment options: Online Visa & Mastercard, In Person: Cash or Credit. Registration will be ongoing into each term depending on availability and tuition fees will be pro-rated for the number of weeks remaining in the term.

DISCOUNTS: TAISO offers the following discounts:

❖ 10% to the second child and a 20% discount for the third child for an immediate family member, to the lower tuition fee.

❖ Full Year Payment – a 7% discount is offered at Fall Term1 Registration, on payment in full for Terms 1, 2 & 3.

❖ DISCOUNTS: are not applicable to the non-refundable annual registration fee of \$37.

REFUND POLICY: The Registration Fee is non-refundable. If for any reason after the first 1 or 2 classes, your child wishes not to continue, a refund or credit will be given for the classes remaining from the date by which TAISO is contacted. After 2 weeks into a program, Tuition Fees will be refunded ONLY for medical reasons. **All refund requests must be made in writing to Michelle DeBay at taiso.gymnastics@ns.aliantzinc.ca.**

CANCELLATION POLICY - In the event of extreme snow fall or other adverse weather conditions, cancellations will be posted on TAISO's website &/or answering machine & if necessary, persons will be notified by email / phone of class cancellation. If school or buses are cancelled, weekly Pre School classes will NOT be held. Classes cancelled due to “acts of nature” will not be rescheduled. PLEASE CALL OR CHECK THE WEBSITE IF UNSURE!

RESCHEDULED CLASSES - Classes missed due to scheduled holidays or competitions, will be held during TAISO's Administration or March Break. Please refer to “TAISO” Calendar. Reminder emails of upcoming holidays and rescheduled classes will be sent closer to the date. Notices are posted in the foyer & mezzanine.