



Mountain Shadows Gymnastics

Phone: 403-938-0496 / Email: msrc@telus.net

Website: www.mountainshadowsgymclub.com

Parent Newsletter – Preschool Classes Fall 2018

YOUR CHILD'S COACH FOR THIS SESSION IS: Coach Nicole!!

Be sure to check out the theme weeks on the reverse side of this notice!

Dear Parents and Gymnasts,

We would like to welcome our returning and new members and thank everyone for supporting our Fall Session #2! We are excited to introduce our NEW Active Start Preschool Program starting this season. Please watch for our Winter Session registration opening Tuesday November 13th for current members to secure the days and times that you require. We are looking forward to a great Fall Session #2 and hope that the kids are ready to jump, swing and bounce.

Parking Area – Please use the parking stalls provided to the west and north sides of the building and refrain from parking along the embankment or in other businesses parking lots. Additional parking can be found along the east side of Crystalridge Drive. The roadway in front of the building is very busy so please drive with caution and watch for children who may be darting in and out between the vehicles. Watch for wet and icy conditions as we get into Fall as the parking lot, sidewalks and stairs can become very slippery.

Footwear – We ask that all footwear (**including family members and friends**) be kept neatly on the boot racks at the front entrance. Please help us keep the hallways, stairs, preschool room and viewing area clean and dry. Coats can be hung up in the preschool room or in the change rooms.

Gym Clothing – Proper gym clothing such as tank-top or t-shirt, shorts or sweat pants (*no buttons or zippers please*) or bodysuit is required for your athlete. Children are to go barefoot and long hair needs to be tied back and all jewelry taken off before entering the gym. New and gently used body suits are available at the front counter.

Before Class – Please find your child's name tag on the board in the preschool room and wait in the preschool room until class begins. The instructor will gather everyone from the preschool room and take them into the gym or upstairs for their warm-up. *Children are not allowed in the gym, on the equipment, or in the studio upstairs until the start of class.*

Siblings – We ask that siblings play or read in our preschool room while class is in progress. This area is unsupervised by the gym staff and parents are responsible for their own children. **Siblings and parents are not permitted in the gym** due to insurance policies unless their child is registered in a parented program. *Babies are welcome on the floor during parented programs if they are in a baby carseat, stroller, snugglie or backpack during your child's class.*

Viewing Area - Our viewing area is located upstairs and is a great place to watch your child's class. We ask parents and siblings to avoid standing in the doorway leading into the gym as this is the only entrance/exit the children have to use when starting and finishing their class and must be kept clear due to fire regulations.

Make-up and Cancellation Policy - Mountain Shadows offers pre-determined class sizes for the benefit of the children and instructors and therefore makeup classes are not permitted. Refunds for a withdrawal from the session will only be given for a medical reason with a doctor's note. A refund for the remaining classes will be issued less the \$25.00 administration fee and AGF fees.

Questions & Comments - Please feel free to bring any questions, comments, or concerns to either our Program Coordinator Nicole Pearse or our Office Manager Michelle Bahr.

PRESCHOOL CALENDAR OF EVENTS

FALL SESSION #2

Week 1: Safety and Orientation (October 29th – November 3rd)

Come and explore the gym at Mountain Shadows and learn the rules that will keep you safe and help you make new friends. ****gymnasts are welcome to wear costumes this week!****

Week 2: Teddy Bear Day (November 5th– 10th)

Bring your cuddly stuffed animal to class. Have your stuffed animal sit and watch you do your gymnastics.

Week 3: Red Day (November 12th-17th)

Dress in red today and remember to tell your coach one thing that is important to you.

Week 4: Alphabet Day (November 19th-24th)

A-B-C-D....Bring your singing voice and watching eyes for everything alphabet today!!

Week 5: Dance Day (November 26th-December 1st)

Bring your dancing feet and feel the beat as we dance around the gym today.

Week 6: Superhero Day (December 3rd-8th)

Come dressed as you favorite Superhero today and show off your super powers to your coach and classmates!!

Week 7: Olympic Day (December 10th-15th)

You are a star athlete today! Bring a camera and your family to watch you perform and receive a certificate!

Preschool Fall Session #2 Dates:

- **Monday October 29th – Monday December 10th**
- **Tuesday October 30th – Tuesday December 11th**
- **Wednesday October 31st – Wednesday December 12th**
- **Thursday November 1st – Thursday December 13th**
- **Friday November 2nd – Friday December 14th**
- **Saturday November 3rd – Saturday December 15th**