

Winter 2019 SCHEDULE

Mountain Shadows Gymnastics Club
18 Crystalridge Drive, Okotoks, AB
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Website: www.mountainshadowsgymclub.com

Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Busy Bees Ages 21mths - 3yrs 6mths **parent required**	10:00-10:50 \$98.00	9:00-9:50 11:00-11:50 \$112.00	4:10-5:00 \$112.00	10:00-10:50 \$112.00	9:30-10:20 \$112.00	9:15-10:05 10:15-11:05 \$112.00
Mighty Mites Ages 3yrs 3mths - 5yrs **no parent required**	9:00-9:50 11:00-11:50 \$98.00	10:00-10:50 \$112.00	4:10-5:00 \$112.00	9:00-9:50 \$112.00	10:30-11:20 \$112.00	9:15-10:05 10:15-11:05 \$112.00
Cangym Recreational Gymnastics (Boys & Girls) Ages 4yrs 6mths - 6yrs 6mth	1:00-2:00 \$98.00	12:30-1:30 \$112.00				
Girls Recreational Gymnastics Ages 4yrs 9mths - 7 years	5:30-6:45 \$181.50		1:45-3:00 4:00-5:15 5:15-6:30 \$198.00	12:30-1:45 \$198.00		9:00-10:15 10:15-11:30 11:30-12:45 \$198.00
Girls Recreational Gymnastics Ages 7yrs 9mths and Up	4:00-5:30 \$198.00		4:00-5:30 5:30-7:00 7:00-8:30 \$216.00			9:00-10:30 10:15-11:45 11:30-1:00 \$216.00
Above the Bar-Int/Adv - Turquoise level or higher (8yrs & Up)			6:45-8:45 \$258.00			10:15-12:15 \$258.00
Boys Recreational Gymnastics-Ages 5-7 yrs	4:00-5:15 \$181.50		5:15-6:30 \$198.00			10:15-11:30 \$198.00
Boys Recreational Gymnastics Ages 8 years and Up			4:00-5:30 7:00-8:30 \$216.00			9:00-10:30 \$216.00
Flip, Flop & Fly Ages 5 years and Up			5:30-7:00 \$216.00			
Homeschool Gymnastics Ages 6 and up				11:00-12:00 \$112.00		
NEW PROGRAM - T&T / CanGym Drop-In **Must be pre-registered each week **Ages 12 and up			8:30-9:30 \$10/class			
OPEN GYM TIMES - **access to ALL equipment except trampolines**		9:15-10:45am Preschool 0-6 years \$5.00/person	9:00-10:00pm Teen/Adult 13yrs & up \$5.00/person		TBA General All ages! \$5.00/person	12:45-2:15pm General all ages! \$8.00/person

ALL Programs are subject to GST!

**** All Classes are cancelled on Monday February 18th for Family Day ****

Winter 2019 Program Start and End Dates -

<u>Preschool Session 1 & 2 Dates (ages 21 mths-6yrs):</u>	<u>Recreational Session Dates:</u>
Mondays: Jan 7-Feb 25 / Mar 4-Apr 22 (7/8 weeks)	Mondays: January 7th - March 25th, 2019 (11 weeks)
Tuesdays: Jan 8-Feb 26 / Mar 5-Apr 23 (8 weeks)	Wednesdays: January 9th - March 27th, 2019 (12 weeks)
Wednesdays: Jan 9-Feb 27 / Mar 6-Apr 24 (8 weeks)	Thursdays: January 10th - March 28th, 2019 (12 weeks)
Thursdays: Jan 10-Feb 28 / Mar 7-Apr 25 (8 weeks)	Saturdays: January 12th - March 30th, 2019 (12 weeks)
Friday: Jan 11-Mar 1 / Mar 8-Apr 26 (8/7 weeks)	
Saturdays: Jan 12-Mar 2 / Mar 9-Apr 27 (8 weeks)	
** All Classes are cancelled on Monday February 18th for Family Day **	

Mountain Shadows Program Information -

A \$55.00 AGF Insurance/GCG Fee WILL BE ADDED to the cost for NEW participants! This is an annual fee (July 1st-June 30th) paid once a year only. To register, you MUST first set up an online account. From there you can complete the online registration and payment. Online registration must accompany payment with visa or mastercard.

REFUNDS: less a \$25.00 administration fee, will only be granted with 21 days notice of class start date.

Exception: medical with a doctor's note (remaining classes less \$25 administration fee).

Mountain Shadows reserves the right to cancel or change class times or days if registration numbers are insufficient or coaches become unavailable. Full refunds will be given if an alternate class cannot be found.

Birthday Parties & Small Group Bookings (max. 15 participants)

2 hrs \$185.00 plus GST **Takes effect January 1st, 2018! **

Fee includes 1 instructor for activities and use of the party room. Time spent in both areas is included in your booking time. **Please be aware that parties are booked with a small overlap so you MUST be cleaned up and ready to go at the end of your allotted time. Bookings beginning September 2018 will now be booked through our online system. We will call to confirm all bookings the week of your party. Bookings must be paid for in full at the time of booking. A refund less the non-refundable \$50 deposit will be issued if the booking is cancelled a minimum of 21 days in advance.

Gymnasium Rentals (large group bookings: 16-25 participants)

This rental is ideal for team wind-ups, school field trips, Christmas parties and Youth groups. Cost includes 2 instructors.

1hr \$175.00 1 ½hrs \$200.00 2hrs \$225.00 All prices are subject to GST!

About Us.....

Mountain Shadows is now in its 21st year of operation and is owned and operated by Jim McLuskey. Jim has over 50 years experience coaching competitive and recreational gymnastics. He is a Level 3 certified coach in the National Coaching Certification Program and also has a degree in Bachelor of Arts and Bachelor of Education. All of the Mountain Shadows staff are certified in the National Coaching Certification Program and are members of the Alberta Gymnastics Federation. All coaches, assistants and volunteers have also completed the Respect in Sport Certification. Coaches are here to encourage children of all ages and abilities in the sport of gymnastics in a fun and caring environment with a strong focus on strength, flexibility and individual achievement. We look forward to a great session with the kids!!