

# SPRING 2019 SCHEDULE

## Mountain Shadows Gymnastics Club

18 Crystalridge Drive, Okotoks, AB

Phone: 403-938-0496 / Fax: 403-938-0448

Email: [msrc@telus.net](mailto:msrc@telus.net)

Website: [www.mountainshadowsgymclub.com](http://www.mountainshadowsgymclub.com)



<i>Classes</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>Busy Bees</b> Ages 18mths - 3yrs 6mths **parent required**	10:00-10:50 \$112.00	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
<b>Mighty Mites</b> Ages 3yrs 3mths - 5yrs **no parent required**	9:00-9:50 11:00-11:50 \$112.00	11:00-11:50 \$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
<b>Cangym Recreational Gymnastics (Boys &amp; Girls)</b> Ages 4yrs 3mths - 6yrs	1:00-2:00 \$120.00		4:00-5:00 \$120.00	11:00-12:00 \$120.00		9:00-10:00 \$120.00
<b>Homeschool Gymnastics</b> Ages 6 and up				TBA \$120.00		
<b>OPEN GYM TIMES -</b> **access to ALL equipment except trampolines**		9:15-10:45am Preschool 0-6 years \$5.00/person	8:30-9:30pm Teen/Adult 12yrs & up \$5.00/person		<b>SATURDAYS &amp; SUNDAYS!!!</b> 12:30-2:00pm General all ages! \$8.00/person	
<b>NEW PROGRAM - T&amp;T / CanGym Drop-In</b> **Must be pre-registered each week **Ages 10 and up			8:30-9:30 \$10/class			
<b>Girls Recreational Gymnastics</b> Ages 4yrs 9mths - 7 years	2:00-3:15 5:30-6:45 \$198.00		1:45-3:00 4:00-5:15 5:15-6:30 \$198.00			9:00-10:15 10:15-11:30 \$198.00
<b>Girls Recreational Gymnastics</b> Ages 7yrs 9mths and Up	4:00-5:30 \$216.00		4:00-5:30 5:30-7:00 7:00-8:30 \$216.00			9:00-10:30 10:15-11:45 \$216.00
<b>Above the Bar-Int/Adv</b> - Turquoise level or higher (8yrs & Up)			6:45-8:45 \$258.00			10:15-12:15 \$258.00
<b>Boys Recreational Gymnastics</b> Ages 4yrs 9mths - 7 years			5:15-6:30 \$198.00			10:15-11:30 \$198.00
<b>Boys Recreational Gymnastics</b> Ages 7yrs 9mths and Up			4:00-5:30 7:00-8:30 \$216.00			9:00-10:30 \$216.00
<b>Flip, Flop &amp; Fly (Trampoline &amp; Tumbling)</b> Ages 5 years and Up			5:30-7:00 \$216.00			10:30-12:00 \$216.00

**ALL Programs are subject to GST!**

**\*\* All Classes are cancelled on Friday April 19th for Good Friday & Monday May 20th for Victoria Day \*\***

## Spring 2019 Program Start and End Dates -

<b>Preschool Dates (ages 18 mths-6yrs):</b>		<b>Recreational Spring Session Dates:</b>
<b><u>Winter Session #2 / Spring Session #1</u></b>		
<b>Mondays:</b> Mar 4-Apr 22 / Apr 29-Jun 24 (8 weeks)		<b>Monday:</b> April 1-June 24, 2019 (12 weeks)
<b>Tuesdays:</b> Mar 5-Apr 23 / Apr 30-Jun 18 (8 weeks)		<b>Tuesday:</b> No Recreational Classes
<b>Wednesday:</b> Mar 6-Apr 24 / May 1-June 19 (8 weeks)		<b>Wednesday:</b> April 3-June 19, 2019 (12 weeks)
<b>Thursdays:</b> Mar 7-Apr 25 / May 2-June 20 (8 weeks)		<b>Thursday:</b> No Recreational Classes
<b>Friday:</b> Mar 8-Apr 26 / May 3-June 21 (7/8 weeks)		<b>Friday:</b> No Recreational Classes
<b>Saturday:</b> Mar 9-Apr 27 / May 4-Jun 22 (8 weeks)		<b>Saturday:</b> April 6-June 22, 2019 (12 weeks)
<b>** All Classes are cancelled on Friday April 19th for Good Friday &amp; Monday May 20th for Victoria Day **</b>		

## 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.

## Youth Groups & Large Group Bookings (16 or more participants)

This rental is ideal for team wind-ups, school field trips, Christmas parties and Youth groups. Cost does not include the instructor fee. Add an extra \$25.00/hr plus GST per coach. Coach to child ratio is 1:15.

**COST: \$210.00 plus GST 2 Hour Gym Rental (please call the office if you need assistance)**

## 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!!