

Mountain Shadows Gymnastics

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Parent Newsletter – Preschool Classes Winter 2020

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 Winter Session #1! We are excited to introduce our NEW Active Start Preschool Program starting this season. Please watch for our Spring Session registration opening in February for current members to secure the days and times that you require. We are looking forward to a great Winter Session #1 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 snow covered and icy conditions 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.

**** Please note that there will be no classes on Monday, February 17th for Family Day ****

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.

WINTER SESSION

Week 1: Safety and Orientation (January 6th-11th)

Come and explore the gym at Mountain Shadows and learn the rules that will keep you safe and help you make new friends.

Week 2: Teddy Bear Day (January 13th-18th)

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

Week 3: Number Day (January 20th-25th)

1, 2, buckle your shoe, 3, 4, shut the door, 5, 6, pickup sticks. Today is all about numbers!

Week 4: Pirate Day (January 27th-February 1st)

Ahoy Matee! Prepare to set sail and crew the MSRC Adventurer! We hope you brought your pirate hat and sash for this fun-filled expedition.

Week 5: Pajama Party Day (February 3rd-8th)

Wake up, stretch, and have a bite to eat, but don't worry about getting dressed. We will do gymnastics in our pajamas today.

Week 6: Valentine's Day (February 10th-15th)

Come dressed in red or pink and celebrate Valentine's Day with your coach & class. See how many hearts you can find in the gym!

Week 7: Backwards Day (February 18th-22nd) *NO Monday Class

Put your clothes on backwards and be prepared for a fun day full of backwards movements.

Week 8: Olympic Day (February 24th-29th)

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

Preschool Winter Session Dates:

- Monday January 6th - Monday February 24th
- Tuesday January 7th - Tuesday February 25th
- Wednesday January 8th - Wednesday February 26th
- Thursday January 9th - Thursday February 27th
- Friday January 10th - Friday February 28th
- Saturday January 11th - Saturday February 29th

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