

Mountain Shadows Gymnastics

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Parent Newsletter – Recreational Classes Winter 2020

YOUR CHILD'S COACH FOR THIS SESSION IS: _____

YOUR CHILD IS REGISTERED IN BADGE LEVEL: _____

Dear Parents and Athletes,

We would like to welcome our new and returning members and thank everyone for supporting our Winter Session and keeping our classes full once again!!! As our policy remains that of keeping all classes at predetermined numbers and only offering classes that we are confident of coaching with qualified coaches, we did have to establish waitlists and turn some people away. Please watch for our Spring Session #1 Registration in February to secure the days and times that you require. We are looking forward to a great Winter Session and hope that the kids are ready to jump, swing and bounce.

Below is a list of important gym policies and upcoming dates:

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 and prevent injuries due to wet and slippery floors.

Before Class – Athletes can leave their footwear on the shelves at the front door and hang their jackets in the preschool room or change room. They may get changed in the change rooms and wait in the preschool room until their class is called. Children are **not** allowed in the gym, on the equipment or in the studio upstairs until the start of their class. We ask that athletes and parents refrain from blocking the gym entrance as this prevents athletes in classes from entering and exiting the gym.

Gym Clothing – Athletes are required to wear proper gym clothing such as shorts or sweatpants (no buttons or zippers please), T-shirts or tank-tops, or gymnastics/dance body suits. New and gently used body suits are still available and can be found behind the front counter.

Children are to go barefoot, have their hair tied back, and all jewelry removed before entering the gym. No chewing gum please!

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. ***Parents are NOT permitted on the floor during recreational programs.***

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

WINTER SESSION FUN MEET – Saturday February 8th

Don't forget this sessions "Fun Meet"!!! This awesome event is scheduled for Saturday February 8th. Participants will be placed in a session according to their age and level and at the discretion of the program coordinator (*siblings will be placed in the same session*) – **NO SESSION REQUESTS PLEASE.** Sessions will run between 2:00pm-4:30pm. The coaches will also put on a brief display showcasing some of their gymnastics skills!

Registration can be made online beginning January 20th

Registration Deadline is February 3rd

Session times will be emailed out by Monday February 3rd

Make-up and Cancellation Policy - Mountain Shadows offers pre-determined class sizes for the benefit of the children and instructors 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 classes do NOT run on Monday, February 17th for Family Day *****

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