

Spring 2020 SCHEDULE

Mountain Shadows Gymnastics Club

18 Crystalridge Drive, Okotoks, AB

Phone: 403-938-0496

Email: msrc@telus.net

Website: www.mountainshadowsgymclub.com



Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Homeschool Gymnastics Ages 6 yrs & up				11:00-12:00 \$120.00		
Active Start Busy Bees Ages 18mths - 3yrs 6mths **parented program**	10:30-11:20 \$112.00	11:00-11:50 \$112.00	4:10-5:00 \$112.00	10:00-10:50 \$112.00	9:30-10:20 \$98.00/\$112.00	9:15-10:05 10:15-11:05 \$112.00
Active Start Mighty Mites Ages 3yrs 3mths - 5yrs **unparented program**	9:30-10:20 \$112.00	11:00-11:50 \$112.00	4:10-5:00 \$112.00	9:00-9:50 \$112.00	9:30-10:20 \$98.00/\$112.00	9:15-10:05 \$112.00
Cangym Recreational Gymnastics - Co-Ed Ages 4yrs 3mths - 6yrs	1:00-2:00 5:30-6:30 \$120.00		1:30-2:30 4:00-5:00 5:30-6:30 \$120.00			9:00-10:00 10:15-11:15 \$120.00
Flip, Flop & Fly (Trampoline & Tumbling) Ages 6 yrs & up			5:30-6:45 6:45-8:00 \$132.00			9:00-10:15 \$132.00
Boys Recreational Gymnastics Ages 6 yrs & up			4:00-5:15 6:45-8:00 \$132.00			10:15-11:30 \$132.00
Girls Recreational Gymnastics Ages 6-7 years	4:00-5:15 5:30-6:45 \$132.00		4:00-5:15 5:30-6:45 \$132.00			9:00-10:15 10:15-11:30 \$132.00
Girls Recreational Gymnastics Ages 8 yrs & up	4:00-5:30 \$144.00		4:00-5:30 5:30-7:00 6:45-8:15 \$144.00			9:00-10:30 10:15-11:45 \$144.00
Above the Bar-Int/Adv - Blue level or higher All Ages			5:30-7:30 6:45-8:45 \$168.00			10:15-12:15 \$168.00
OPEN GYM TIMES **access to ALL equipment except trampolines**		9:00-10:30am Preschool 0-6 years \$5.00/person	8:30-9:30pm Teen/Adult 11yrs & up \$5.00/person		10:30-12:00pm Preschool 0-6 years \$5.00/person	SATURDAYS & SUNDAYS 12:30-2:00pm General all ages! \$8.00/person

ALL Programs are subject to GST!

**** All Classes are cancelled on Friday April 15th for Good Friday and Monday May 18th for Victoria Day****

SPRING 2020 Program Start and End Dates

Active Start, CanGym & Homeschool Session Dates:	Recreational Spring Session #1 & #2 Dates:
<u>Spring Session #1 / Spring Session #2</u>	
Mondays: Mar 2-Apr 20 / Apr 27-June 22 (8 weeks)	Monday: Mar 2-Apr 20 / Apr 27-June 22 (8 weeks)
Tuesdays: Mar 3-Apr 21 / Apr 28-June 16 (8 weeks)	Tuesday: No Recreational Classes
Wednesday: Mar 4-Apr 22 / Apr 29-June 17 (8 weeks)	Wednesday: Mar 4-Apr 22 / Apr 29-June 17 (8 weeks)
Thursdays: Mar 5-Apr 23 / Apr 30-June 18 (8 weeks)	Thursday: No Recreational Classes
Friday: Mar 6-Apr 24 (7 weeks)/May 1-June 19 (8 weeks)	Friday: No Recreational Classes
Saturday: Mar 7-Apr 25 / May 2-June 20 (8 weeks)	Saturday: Mar 7-Apr 25 / May 2-June 20 (8 weeks)
** All Classes are cancelled on Fri Apr 10th for Good Friday & Monday May 18th for Victoria Day **	

Mountain Shadows Program Information

An AGF Insurance/GCG Fee WILL BE ADDED to the cost for NEW participants! Active Start members will pay \$40/year and Recreational CanGym & CanJump members will pay \$55/year. This is an annual fee (July 1st-June 30th) paid once per year. To register, you MUST first set up an online account and from there you can complete the online registration and payment. Payment can be made 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 **please call the office if you have more than 15 participants**

Fee includes 1 instructor for gym activities and use of the party room. Time spent in both areas is included in your booking time. Birthday party bookings can now be booked through our online system and must be paid for in full at the time of booking. We will email to confirm all bookings the week of your party. A refund less the non-refundable \$50 deposit will be issued if the booking is cancelled a minimum of 21 days in advance.

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

Youth Groups & Large Group Bookings (16-30 participants)

This rental is ideal for large family/friend events, team wind-ups, school field trips, Christmas parties and Youth groups. Fee includes 2 instructors for gym activities and use of the party room. Time spent in both areas is included in your booking time.

COST: \$250.00 plus GST 2 Hour Gym Rental

****please call the office if you have more than 30 participants or need assistance****

About Us....

Mountain Shadows is now in its 22nd 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 (NCCP) and also has a degree in Bachelor of Arts and Bachelor of Education. All of the Mountain Shadows coaches are certified in the NCCP, hold current First Aid/CPR, have completed the Respect in Sport Certification and are members of the Alberta Gymnastics Federation. 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 all of our returning and NEW Members and families!!!