



Summer Gymnastics at Mountain Shadows

Preschool Gymnastics - Busy Bees & Mighty Mites

Our Preschool gymnastics classes are being offered for both the Busy Bees and Mighty Mites ages this summer. Busy Bees participants (18mths-3.5yrs) are parent assisted while our Mighty Mites participants (3yrs 3mths-5yrs) are unparented. This is a great opportunity for the younger ones to still get some gym time over the summer months and keep their love of the sport going. Our classes are conducted by qualified and energetic coaches who will lead the kids through the basics to more advanced movements in a safe and fun environment. Classes are 50 min, Monday to Friday. Cost for the week is \$70.00 plus AGF Summer Insurance Fee

Weeks – July 19-23, July 26-30, Aug 9-13, Aug 16-20 & Aug 23-27

Class times offered – 9:15-10:05am & 10:30-11:25am

Recreational Gymnastics, Boys & Girls – Ages 4.5 & up

Our Recreational gymnastics CanGym program is a great way to learn skills for both the beginner and experienced gymnast in a safe and fun environment. Our classes are conducted by qualified and energetic coaches who will teach the CanGym badge program. Participants will work on skills at their level and will receive a report card at the end of the week. Classes are 75 min, Monday to Friday. Cost for the week is \$82.50 plus AGF Summer Insurance Fee

Weeks – July 5-9, July 12-16, July 19-23, July 26-30, Aug 9-13, Aug 16-20 & Aug 23-27

Class times offered – 9-10:15am, 10:30-11:45am, 12-1:15pm, 1:30-2:45pm

Birthday Parties & Drop-in

We are hopeful to bring these back in July. Please watch our website and social media accounts for updates as we move into Stage 3 of the provinces “Open for Summer” plan!

Head to Mountain Shadows for a summer full of gymnastics!!