

Mountain Shadows Gymnastics Club

18 Crystalridge Drive, Okotoks, AB

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Website: www.mountainshadowsgymclub.com



Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Active Start Busy Bees Ages 18mths - 3yrs 6mths **parented program**	10:45-11:35 \$84.00		4:00-4:50 \$84.00	10:45-11:35 \$84 / \$70	9:30-10:20 \$84.00	9:00-9:50 10:00-10:50 \$84.00
Active Start Mighty Mites Ages 3yrs 3mths - 5yrs **unparented program**	9:45-10:35 \$84.00	10:45-11:35 \$84.00	4:00-4:50 \$84.00	9:45-10:35 \$84 / \$70		9:00-9:50 10:00-10:50 \$84.00
Cangym Recreational Gymnastics - Co-Ed Ages 4yrs 3mths - 6yrs	1:00-2:00 \$195.00	1:00-2:00 \$225.00	1:45-2:45 4:15-5:15 5:00-6:00 \$225.00	1:00-2:00 \$195.00		9:15-10:15 10:30-11:30 \$225.00
Trampoline & Tumbling - CanJump (Co-Ed) Ages 6 yrs & up			5:45-7:00 \$231.00			10:45-12:00 \$231.00
Boys Recreational Gymnastics Ages 6 yrs & up			4:15-5:30 7:15-8:30 \$231.00			9:15-10:30 \$231.00
Girls Recreational Gymnastics Ages 6 yrs & up	4:00-5:15 4:15-5:30 \$214.50		4:30-5:45 5:00-6:15 5:30-6:45 6:00-7:15 \$231.00			9:00-10:15 10:30-11:45 11:00-12:15 \$231.00
Above the Bar-Int/Adv - Blue level or higher (all ages)			6:00-8:00 \$294.00			10:30-12:30 \$294.00
Adult Gymnastics Ages 18 yrs & up			7:30-8:30 \$150.00			
OPEN GYM TIMES **access to ALL equipment **		Preschool Ages 0-5yrs 9-10:30			Preschool Ages 0-5yrs 10:30-12	Public All Ages 12:30-2:15

ALL Programs are subject to GST!

Fall 2021 Program Start and End Dates

Active Start Session Dates:		CanGym Recreational Fall Dates:	
Fall Session #1 / Fall Session #2			
Mondays:	Sept 13-Oct 25 / Nov 1-Dec 6 (6 wks)	Monday:	September 13th - December 13th (13 wks)
Tuesdays:	Sept 14-Oct 19 / Nov 2-Dec 7 (6 wks)	Tuesday:	September 14th - December 14th (14 wks)
Wednesday:	Sept 15-Oct 20 / Nov 3-Dec 8 (6 wks)	Wednesday:	September 8th - December 8th (14 wks)
Thursdays:	Sept 16-Oct 21 (6wk)/Nov 4-Dec 9 (5wk)	Wednesday:	Adult Gym - Sept 15-Nov 17 (10 wks)
Friday:	Sept 17-Oct 22 / Nov 5-Dec 10 (6 wks)	Thursday:	September 9th - December 9th (13 wks)

Saturday: Sept 18-Oct 23/ Nov 6-Dec 11 (6 wks)	Saturday: September 11th - December 11th (14 wks)
All Classes are cancelled on Mon Oct 11th for Thanksgiving & Thurs Nov 11th for Remembrance Day	

Mountain Shadows Program Information

An AGF Insurance/GCG Fee WILL BE ADDED to the cost for NEW participants! All members will pay \$49/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

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. Cost: \$275 plus GST for a 2 hour rental. Time spent in both areas is included in your booking time.

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

Drop-in Times & Prices -

Pre-school drop in times will be offered on Tuesday from 9-10:30am and Friday from 10:30am-12pm. Cost is \$6.30/child. All ages drop in will be offered on Saturday from 12:30-2:15pm. Cost is \$10/participant.

About Us.....

Mountain Shadows is now in its 25th 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!!!