



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 \$75.00 plus AGF Summer Insurance Fee

Weeks – July 25-29, Aug 8-12, Aug 15-19 & Aug 22-26

Class times offered – 9:15-10:05am (Busy Bees) & 10:15-11:05am (Mighty Mites)

Recreational Gymnastics - 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 progress report at the end of the week.

Boys & Girls – Ages 4.5 – 6yrs

Classes are 75 min, Monday to Friday. Cost for the week is \$85.00 plus AGF Summer Insurance Fee

Weeks – July 4-8, July 11-15, July 18-22 & July 25-29

Class times offered – 9-10:15am, 1-2:15pm & 2:30-3:45pm

Weeks - Aug 8-12, Aug 15-19 & Aug 22-26

Class times offered – 9-10:15am, 10:30-11:45am, 11:45am-1pm, 1-2:15pm & 2:30-3:45pm

Boys & Girls – Ages 7 & up

Classes are 90 min, Monday to Friday. Cost for the week is \$100.00 plus AGF Summer Insurance Fee

Weeks – July 4-8, July 11-15 & July 18-22

Class times offered – 10:30am-12pm, 1-2:30pm & 2:30-4pm

Weeks - July 25-29, Aug 8-12, Aug 15-19 & Aug 22-26

Class times offered – 9-10:30am, 10:30am-12pm, 11:30am-1pm, 1-2:30pm & 2:30-4pm

Birthday Parties & Drop-in

Birthday parties and drop in times will be offered on select days throughout the summer. Please check the website for exact days and times.