

Mountain Shadows Gymnastics Club

18 Crystalridge Drive, Okotoks, AB

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<i>Classes</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Saturday</i>
Active Start Busy Bees Ages 18mths - 3yrs 6mths **parented program**	9:45-10:35 \$145.00	10:45-11:35 \$145.00	4:00-4:50 \$145.00	9:45-10:35 11:45-12:35 \$145.00	9:00-9:50 10:00-10:50 \$145.00
Active Start Mighty Mites Ages 3yrs 3mths - 5yrs **unparented program**	10:45-11:35 11:45-12:35 \$145.00	11:45-12:35 12:45-1:35 \$145.00	4:00-4:50 \$145.00	10:45-11:35 \$145.00	9:00-9:50 10:00-10:50 \$145.00
Cangym Recreational Gymnastics - Co-Ed Ages 4yrs 3mths - 6yrs	1:00-2:00 \$210.00	1:45-2:45 \$210.00	1:45-2:45 4:00-5:00 5:00-6:00 \$210.00	1:00-2:00 \$210.00	9:00-10:00 10:30-11:30 \$210.00
Trampoline & Tumbling - CanJump (Co-Ed) Ages 6 yrs & up			5:15-6:30 \$231.00		11:15-12:30 \$231.00
Boys Recreational Gymnastics Ages 6 yrs & up			4:00-5:15 \$231.00		10:00-11:15 \$231.00
Girls Recreational Gymnastics Ages 6-8 yrs	4:00-5:15 5:15-6:30 \$231.00		4:15-5:30 5:00-6:15 5:30-6:45 \$231.00		9:00-10:15 9:15-10:30 11:00-12:15 \$231.00
Girls Recreational Gymnastics Ages 9 yrs & up	4:00-5:30 5:15-6:45 \$245.00		5:30-7:00 6:15-7:45 6:30-8:00 \$245.00		10:15-11:45 11:00-12:30 \$245.00
Above the Bar-Int/Adv - Blue level or higher (all ages)			6:00-8:00 \$252.00		10:30-12:30 \$252.00
OPEN GYM TIMES **access to ALL equipment**		TBD	TBD		Public All Ages 12:30-2:15

ALL Programs are subject to GST!

Fall 2022 Program Start and End Dates

Active Start Session Dates:		CanGym/Recreational Spring Dates:	
Mondays:	Sept 26th - Dec 5th (10 wks)	Monday:	Sept 12th - Dec 19th (14 wks)
Tuesdays:	Sept 27th - Nov 29th (10 wks)	Tuesday:	Sept 13th - Dec 13th (14 wks)
Wednesday:	Sept 28th - Nov 30th (10 wks)	Wednesday:	Sept 14th - Dec 14th (14 wks)
Thursdays:	Sept 29th - Dec 1st (10 wks)	Thursday:	Sept 15th - Dec 15th (14 wks)
Saturday:	Oct 1st - Dec 3rd (10 wks)	Saturday:	Sept 17th - Dec 17th (14 wks)
All Classes are cancelled on Monday October 10th for Thanksgiving			

Mountain Shadows Program Information

An AGF Insurance/GCG Fee WILL BE ADDED to the cost for NEW participants! All members will pay \$55 for the fall session. 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 \$195.00 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 call 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 with a minimum of 21 days in advance.

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****

About Us.....

Mountain Shadows is now in its 26th year of operation and is owned and operated by Jim McLuskey. Jim has over 55 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!!!