



Mountain Shadows Gymnastics Club

18 Crystalridge Drive, Okotoks, AB T1S 2C3

Phone: 403-938-0496 / Email: msrg@telus.net

Website: www.mountainshadowsgymclub.com

Classes	Monday	Tuesday	Wednesday	Thursday	Saturday
Active Start: Busy Bees Ages 18mths - 3yrs 6mths **Parented Program**		9:45-10:35, 10:45-11:35 or 11:45-12:35 \$150.00	4:10-5:00 \$150.00		9:00-9:50 \$150.00
Active Start: Mighty Mites Ages 3yrs 3mths - 5yrs **Unparented Program**		9:45-10:35, 10:45-11:35, 11:45-12:35, 1:00-1:50 or 2:00-2:50 \$150.00	4:10-5:00 \$150.00		9:00-9:50 \$150.00
Advanced Mites (Beginner Rec Gymnastics) 4yrs 3mths - 6yrs - Co-Ed	5:15-6:15 \$170.50	1:00-2:00 or 2:00-3:00 \$186.00	4:00-5:00, 5:00- 6:00 or 6:00- 7:00 \$186.00		10:00-11:00 or 11:30-12:30 \$186.00
NEW CO-ED ACRO PROGRAM Ages 6yrs & up			4:50-6:10 \$215.00		
Boys Recreational Gymnastics Ages 6 yrs & up			5:00-6:15 \$204.00		11:15-12:30 \$204.00
Girls Recreational Gymnastics Ages 6 - 8 years	4:00-5:15 or 5:15- 6:30 \$187.00		4:00-5:15, 5:15- 6:30 or 6:15- 7:30 \$204.00		10:00-11:15, 11:00-12:15 or 11:15-12:30 \$204.00
Girls Recreational Gymnastics Ages 9 yrs & up	4:00-5:30 \$203.50		5:00-6:30 or 6:30-8:00 \$222.00		10:00-11:30 \$222.00
Above the Bar-Int/Adv Blue level & up (Ages 9 & up)	6:15-8:15 \$236.50				
Homeschool Programs: Lessons (8yrs & up) & Drop-In Gym (ages 5 & up) Jan 14th - Mar 20th (10 wks)		1:45-3:15 Lessons Ages 8 & up \$185.00		2:15-3:15 Drop-In Ages 5 & up \$7/person	
OPEN GYM TIMES **access to ALL equipment **			Teen Drop In Ages 13 & up \$7/person 8:15-9:15pm		Public All Ages \$10/person 12:30-2:15pm

ALL Programs are subject to GST!

Winter 2025 Program Start and End Dates

Recreational Classes

Monday Jan 6-Mar 24 (11wks)
Tuesday Jan 7-Mar 25 (12wks)
Wednesday Jan 8-Mar 26 (12wks)
Saturday Jan 11-Mar 29 (12wks)

Active Start (Preschool) Classes

NO PRE-SCHOOL CLASSES
Tuesday Jan 14-Mar 18 (10wks)
Wednesday Jan 15-Mar 19 (10wks)
Saturday Jan 18-Mar 22 (10wks)

****All classes will be cancelled on Monday February 17th, for Family Day****

Mountain Shadows Program Information

An AGF Insurance/GCG Fee WILL BE ADDED to the cost for NEW participants! New members will pay \$48 for the winter 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 if coaches become

Birthday Parties & Small Group Bookings (max. 15 participants)

2 hrs \$210.00 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 (75 minutes of gym time, 45 minutes in the party room). An extra coach can be added for an additional fee of \$50 (to be paid on the day of the booking) if the party will include more than 15 participants. 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 less than 21 days in advance. ****Please note - birthday bookings do overlap so you will need to be cleaned up and ready to go at the end of your booking time****

Youth Groups & Large Group Bookings

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: \$300 plus GST for a 2 hour rental. Time spent in both areas is included in your booking time.

****please call or email the office to make arrangements for a large group booking****

About Us.....

Mountain Shadows is now in its 28th year of operation and is owned and operated by Jim McLuskey. Jim has almost 60 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!!!

