



**Mountain Shadows Gymnastics**

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## ***Parent Newsletter - Recreational Classes Winter 2026***

Dear Parents and Athletes,

We would like to welcome our returning and new members and thank everyone for your support of our Winter Recreational Session!! Our policy remains that of keeping classes at predetermined numbers and offering classes that we are confident of running with qualified coaches. Please watch for the upcoming Spring Session registration in mid-February to secure the days and times that you require. We are looking forward to a great Winter Session and hope that the kids are ready to bounce, swing and have a ton of fun!

### ***Below is a list of important gym policies and upcoming dates:***

**Parking Area** - Please use the parking stalls provided to the west and north sides of the building and refrain from parking along the embankment or in other businesses parking lots. Additional parking can be found along the east side of Crystalridge Drive. The roadway in front of the building is very busy so please drive with caution and watch for children who may be darting in and out between the vehicles. Watch for wet and icy conditions as we get into winter as the parking lot, sidewalks and stairs can become very slippery.

**Footwear** - We ask that all footwear (including family members and friends) be kept neatly on the boot racks at the front entrance. Please help us keep the hallways, stairs, preschool room and viewing area clean and dry. Coats can be hung up in the preschool room or in the changing rooms.

**Before Class** - Athletes can leave their footwear on the shelves at the front door and hang their jackets in the preschool room or change room. They may get changed in the bathrooms and wait in the preschool room until their class is called. Children are not allowed in the gym, on the equipment or in the studio upstairs until the start of their class. We ask that athletes and parents refrain from blocking the gym entrance as this prevents athletes in classes from entering and exiting the gym.

**Gym Clothing** - Athletes are required to wear proper gym clothing such as shorts, leggings or sweatpants (no buttons or zippers please), T-shirts or tank-tops, or

gymnastics/dance body suits. New and gently used body suits are available to purchase and can be found behind the front counter.

***Children are to go barefoot, have their hair tied back and all jewelry removed before entering the gym. No chewing gum please!***

**Siblings** - We ask that siblings stay in our preschool room while classes are in progress.

This area is unsupervised by the gym staff and parents are responsible for their own children. ***Parents are not permitted in the gym*** due to insurance policies unless their child is registered in a parented program. Siblings are NOT allowed in the gym or allowed to play in the upstairs studio area as this is an unsupervised space and is regularly used by our recreational classes.

***Parents are NOT permitted on the floor during recreational programs.***

**Viewing Area** - Our viewing area is located upstairs and is a great place to watch your child's class. We ask parents and siblings to avoid standing in the doorway leading into the gym as this is the only entrance/exit the children have when starting and finishing their class and must be kept clear due to fire regulations.

**Make-up and Cancellation Policy** - Mountain Shadows offers pre-determined class sizes for the benefit of the instructors and children therefore makeup classes are not permitted. Refunds for a withdrawal from the session will only be given for medical reasons with a doctor's note. A refund for the remaining classes will be issued less the \$25.00 administration fee and AGF fees.

**Recreational Fun Meet** - we are going to run this great event for the kids in our Advanced Mites and the boys' and girls' recreational programs. It's a fun opportunity for the kids to showcase what they have been working on in classes. It will be held on Saturday March 7<sup>th</sup> at 1pm and more information will be out shortly!!

***\*\* Please note that we will NOT have classes on Monday, February 16<sup>th</sup> for Family Day \*\****

**Questions & Comments** - Please feel free to bring any questions, comments, or concerns to our ***Program Supervisor, Madi*** or our ***Office Manager Michelle Bahr***.

***\*\*A reminder of Winter session start and end dates -***

***Mondays - January 5<sup>th</sup> - March 30<sup>th</sup>***

***Tuesdays - January 6<sup>th</sup> - March 24<sup>th</sup>***

***Wednesdays - January 7<sup>th</sup> - March 25<sup>th</sup>***

***Thursdays - January 8<sup>th</sup> - March 26<sup>th</sup>***

***Saturdays - January 10<sup>th</sup> - March 28<sup>th</sup>***