



**Mountain Shadows Gymnastics**

**Phone: 403-938-0496 / Email: [msrc@telus.net](mailto:msrc@telus.net)**

**Website: [www.mountainshadowsgymclub.com](http://www.mountainshadowsgymclub.com)**

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

Dear Parents and Athletes,

Welcome everyone to our fall recreational session. Thank you for your support! Our policy remains that of keeping classes at predetermined numbers and offering classes that we are confident of running with qualified coaches. Our Winter schedule will be available at the end of October, with registration opening in mid-November. We are looking forward to a great session of gymnastics and hope that the kids are ready to jump and learn 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 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 late Fall 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, and viewing area clean and dry.

**Before Class** - Athletes can leave their footwear on the shelves at the front door and hang their jackets in the change room. They may get changed in the bathrooms and wait in the lobby 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 with their parents in our viewing area. ***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 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 November 21<sup>st</sup> at 1pm and more information will be out shortly!!

***\*\* Please note that we will NOT have classes on Monday, October 12<sup>th</sup> for Thanksgiving & Wednesday, November 11<sup>th</sup> for Remembrance Day \*\****

**Questions & Comments** - Please feel free to bring any questions, comments, or concerns to your child's coach or our *Office Manager Michelle Bahr*.

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

*Mondays - September 14<sup>th</sup> - December 14<sup>th</sup>*

*Wednesdays - September 9<sup>th</sup> - December 16<sup>th</sup>*

*Saturdays - September 12<sup>th</sup> - December 12<sup>th</sup>*