



Mountain Shadows Gymnastics
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Parent Newsletter – Preschool Classes Spring 2026

Dear Parents and Gymnasts,

Welcome to our returning and new members and thank you for supporting our Spring Preschool session! We run our classes at predetermined numbers to give both the child and coach the best experience possible. Please watch for summer camp info later this month and Fall registration in July. We are looking forward to a great Spring Session and hope that the kids are ready to jump, swing and bounce.

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. Please watch for wet and icy conditions as we continue with the Winter thaw 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 in the cubbies at the front in the lobby area. Please help us keep the hallways, stairs, and viewing area clean and dry. Coats can be hung up in the lobby or in the washrooms.

Gym Clothing - Proper gym clothing such as tank-top or t-shirt, shorts or sweatpants (*no buttons or zippers please*) or bodysuit is required for your athlete. Children are to go barefoot, and long hair needs to be tied back and all jewelry taken off before entering the gym. New and used body suits are available at the front counter.

Before Class - Children can remove their coats and shoes and, if needed get changed in the bathrooms and wait in the lobby area until their class is called. The instructor will gather everyone and take them into the gym or upstairs for their warm-up. *Children are not allowed in the gym, on the equipment, or in the studio upstairs until the start of class.*

Siblings - Siblings must remain in the lobby or upstairs in the viewing area while class is in progress. These areas are unsupervised by the gym staff and parents are responsible for their own children. ***Siblings and parents are not permitted in the gym or the upstairs studio area. Babies are welcome on the floor during parented programs if they are in a baby seat, snugly or backpack during your child's class.***

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 children and instructors and 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 minus the \$25.00 administration fee and AGF fees.

Mountain Magic Invitational Gymnastics Meet - Mountain Shadows Athletic Association will be hosting our annual competitive gymnastics meet April 30th - May 3rd, 2026 at the Murray Arena in the Okotoks Recreation Centre. We are proud to host the largest women's gymnastics competition in Western Canada with over 900 athletes attending. Make sure to come out and watch some awesome gymnastics while cheering on our local athletes.

Competitive Try-outs - for any parents/athletes who are interested in our competitive program, we will have open tryouts for all girls ages 5 and up on Thursday May 21st. Ages 5-7 from 4-5pm and ages 8 and up from 5-6pm. You will be able to sign up online through our registration system and the cost is \$15/child.

If you have any questions regarding the competitive program, please contact your child's coach, Coach Madi (our program supervisor) or Michelle in the office.

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

Theme Weeks for Busy Bees and Mighty Mites

Week 1, April 6-11 - Safety

Week 2, April 13-18 - Easter

Week 3, April 20-25 - Spring into Spring

Week 4, April 27-May 2 - Jumping Jellybeans

Week 5, May 4-9 - Disney

Week 6, May 11-16 - Barnyard

Week 7, May 19-25 - Super Shapes

Week 8, May 26-June 1 - Hawaiian Luau

Week 9, June 2-8 - Ninja Training

Week 10, June 9-15 - Beach Week

Week 11, June 16-22 - Hello Summer

A reminder of Spring Session start and end dates -

Mondays - April 6th - June 22nd

Tuesdays - April 7th - June 16th

Wednesdays - April 8th - June 17th

Thursdays - April 9th - June 18th

Saturdays - April 11th - June 20th

****Please note that we will NOT have classes on Monday May 18th for Victoria Day****