



Mountain Shadows Gymnastics Club

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Parent Newsletter – Recreational Classes Spring 2026

Dear Parents and Athletes,

Welcome to our returning and new members and thank you for supporting our Spring 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 our upcoming summer registration in early May and our fall registration in mid-July to secure the classes that best fit your schedule. We are looking forward to a great Spring Session and hope that the kids are ready to work hard 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 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 or 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.

Before Class - Athletes 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. 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 -Siblings must remain in the lobby area or upstairs with you 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!*
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 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 5-7yrs 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.

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