



## Mountain Shadows Gymnastics Club

18 Crystalridge Drive, Okotoks, AB T1S 2C3

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

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

Classes	Monday	Tuesday	Wednesday	Thursday	Saturday
<b>Active Start: Busy Bees Ages</b> <b>18mths - 3yrs 6mths</b>  <b>**Parented Program**</b>	9:45-10:35 10:45-11:35 11:45-12:35 <b>\$192.00</b>	10:45-11:35  <b>\$192.00</b>	9:45-10:35 4:10-5:00 <b>\$192.00</b>	10:00-10:50  <b>\$192.00</b>	9:00-9:50  <b>\$192.00</b>
<b>Active Start: Mighty Mites Ages</b> <b>3yrs 3mths - 5yrs</b>  <b>**Unparented Program**</b>	9:45-10:35 10:45-11:35 11:45-12:35 <b>\$192.00</b>	11:45-12:35  <b>\$192.00</b>	10:45-11:35 11:45-12:35 4:10-5:00 <b>\$192.00</b>	9:00-9:50  <b>\$192.00</b>	9:00-9:50 or 11:05-11:55  <b>\$192.00</b>
<b>Advanced Mites - Beginner Rec</b> <b>Gymnastics</b> <b>4yrs 3mths - 6yrs - Co-Ed</b>  <b>\$195.00</b>	1:00-2:00  <b>\$195.00</b>	1:00-2:00 2:00-3:00 <b>\$195.00</b>	5:10-6:05  <b>\$195.00</b>	1:30-2:30  <b>\$195.00</b>	10:00-10:55 or 11:05-12:00  <b>\$195.00</b>
<b>Boys Recreational Gymnastics</b> <b>Ages 6 yrs &amp; up</b>					10:00-11:10 <b>\$224.25</b>
<b>Girls Recreational Gymnastics</b> <b>Ages 6 - 8 years</b>			5:10-6:20 6:15-7:30 <b>\$241.50</b>		10:00-11:10 or 11:20-12:30 <b>\$224.25</b>
<b>Girls Recreational Gymnastics</b> <b>Ages 9 yrs &amp; up</b>			5:00-6:25 6:30-8:00 <b>\$259.00</b>		10:00-11:30 or 11:20-12:45 <b>\$240.50</b>
<b>Above the Bar-Int/Adv</b> <b>Blue level &amp; up (Ages 9 &amp; up)</b>			6:15-8:15 <b>\$301.00</b>		
<b>OPEN GYM TIMES</b>  <b>**access to ALL equipment **</b>	Homeschool Drop-In, all ages <b>\$8/person</b> 2:15-3:15pm	Preschool Drop- In 0-6yrs <b>\$6/person</b> 9:30-10:30am	Teen & Adult Drop In Ages 13 & up <b>\$8/person</b> 8:15-9:15pm	Preschool Drop- In 0-6yrs <b>\$11/person</b> 11am-1pm	Public All Ages Drop-In <b>\$11/person</b> 12:30-2:15pm

**ALL Programs are subject to GST!**

### Fall 2026 Program Start and End Dates

#### Recreational Classes

Monday Sept 14-Dec 14 (13wks)

No Classes

Wednesday Sept 9-Dec 16 (14wks)

No Classes

Saturday Sept 12-Dec 12 (14wks)

#### Preschool Classes (BB/MM/ADV MM)

Monday Sept 14-Dec 7 (12 wks)

Tuesday Sept 15-Dec 1 (12wks)

Wednesday Sept 16-Dec 9 (12wks)

Thursday Sept 17-Dec 3 (12wks)

Saturday Sept 19-Dec 5 (12wks)

**\*\*All classes will be cancelled on Monday October 12th for Thanksgiving and on Wednesday November 11th for Remembrance Day\*\***

## **Mountain Shadows Program Information**

An AGF Insurance/GCG fee WILL BE ADDED to the cost for ALL participants! NEW members will pay \$50 for the Fall 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 be granted with 21 days notice prior to the 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 unavailable. Full refunds will be given if an alternate class cannot be found.*

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

**2 hrs \$220.00 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 \$60 (to be paid on the day of the booking) if the party will include more than 15 participants (but no more than 30). Birthday party bookings are now 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 (for up to 30 participants). Fee includes 2 instructors for gym activities and use of the party room. Cost: \$325 plus GST for a 2 hour rental. Time spent in both areas is included in your booking time. Extra coach(s) can be added for a cost with more than 30 participants.

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

## **About Us....**

Mountain Shadows is now in its 30th year of operation and is owned and operated by Jim McLuskey. Jim has over 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 a fun and caring environment with a strong focus on strength, flexibility and individual achievement. We look forward to seeing your child achieve all that they can in the sport of gymnastics!!!