



Mountain Shadows Gymnastics

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Parent Newsletter – Preschool Classes Fall 2026

Dear Parents and Athletes,

Welcome everyone to our fall preschool Session!! 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, 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 (and socks) 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 Advanced Mites 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 21st at 1pm and more information will be out shortly!!

Preschool (Busy Bees & Mighty Mites) Theme Weeks -

Week 1: Safety Week

Week 2: Flip into Fall

Week 3: Beep Beep

Week 4: Super Heros

Week 5: Jumping Jellybeans

Week 6: Barnyard

Week 7: Halloween

Week 8: Disney

Week 9: Candyland

Week 10: Day at the Zoo

Week 11: Comfy Cozy (PJ Day)

Week 12: Ninja Training

**** Please note that we will NOT have classes on Monday, October 12th for Thanksgiving & Wednesday, November 11th 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 14th - December 7th

Tuesdays - September 15th - December 1st

Wednesdays - September 16th - December 9th

Thursdays - September 17th - December 3rd

Saturdays - September 19th - December 5th