Spring 2024

Coaches Schedule

1371 B 10th Ave SW Salmon Arm

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SUNDAY	
Class	**Time**	**Class**	**Time**	**Class**	**Class**	**Time**	**Time**	**Class**	**Time**	**Class**	**Time**
Tumble Time	9:30-10:15	Tot Romp	9:30-10:15	Tumble Time	9:30-10:15	Tot Romp	9:30-10:15	Kangoo	9:30-10:30		
Tot Romp	10:30-11:15	Tumble Time	10:30-11:15	Tot Romp	10:30-11:15	Tumble Time Adv.	10:30-11:30			**CCP 4-6**	**9:30-1:30**
Tumble Time Adv	11:30-12:30	Tumble Time	11:15-12:00	Tumble Time Adv.	11:30-12:30	Tumble Time	11:30-12:15			**CCP 3**	**1:30-4:30**
Tumble Time	12:30-1:15	Tumble Time Adv.	12:15-1:15	Tumble Time	12:30-1:15	Tumble Time Adv.	12:30-1:30			**CCP 7+**	**1:30-5:30**
		HS Bronze Balancer	12:30-1:30	HS Silver Springers	12:30-2:00	**CCP early**	**1:00-5:00**				
HS Bronze Bouncer	1:15-2:15	HS Bronze Bouncer	1:30-2:30					Adapted gymnastics	1:00-1:45		
								Private w/kayla	1:45-2:30		
Bronze Bouncers	2:30-3:30	**CCP 4-6**	**2:30-6:00**	Bronze Bouncers	2:30-3:30	Bronze Balancers	2:30-3:30	**Xcel Bronze Senior**	**2:45-4:45**		
Bronze Balancers	2:45-3:45	**Xcel Bronze Senior**	2:45-4:45	Mighty Mights	2:30-4:00	**CCP 1**	**2:30-4:30**				
Silver Springers(5)	3:30-5:00	Silver Springers (5)	2:45-4:15	Silver Saltos(6)	3:30-5:00	**CCP 5/6**	**2:45-5:45**	Tumbling	2:45-3:45		
Xcel Bronze Junior	3:30-5:30	**CCP 1**	**2:45-4:45**			Silver Stars	3:30-5:00				
Bouncer Prep	3:45-4:00	Bronze Bouncers	3:00-4:00	Tumble Time	4:00-4:45	Bronze Balancers	4:30-5:30	**Xcel Silver Junior**	**4:45-6:45**	**SATURDAY**	
Bronze +	3:45-4:45	Tumble Time	4:00-4:45	Bronze +	4:30-5:30	Bronze Balancers	4:30-5:30				
Bronze Bouncers	4:15-5:15	Bronze Bouncers	4:15-5:15	Tumble Time	4:45-5:30	**Xcel Gold**	**4:30-7:00**			Tot Romp	10:30-11:15
CCP 3	**4:00-6:30**	Bronze Balancers	4:15-5:15	Tumble Time Adv	5:30-6:30	**CCP 7/XLP**	**4:30-8:00**				
Tramp Basics Youth	4:30-5:30	Tramp Flips Youth	4:30-5:30			**CCP 3**	**5:00-7:30**			Adapted	11:30-12:15
Bronze +	4:45-5:45	Silver Springers (5)	4:30-6:00	**Xcel Silver Junior**	**5:00-7:00**						
Bronze Bouncers	5:00-6:00	**CCP 7**	**4:45-8:15**	**Xcel Bronze Junior**	**5:30-7:30**	Bronze Bouncers	5:30-6:30			Birthdays	1:00-3:00
Teen Rec	5:00-6:00	Tumble Time Adv.	5:15-6:15	Silver Stars	5:30-7:00	Bronze Balancers	5:30-6:30				
Tramp Flips Youth	5:30-6:30	Silver Saltos (6)	5:15-6:45			Tramp Advanced	6:00-7:00			Birthdays	3:30-5:30
Xcel Gold/Plat.	**5:30-8:00**	Tramp Basics Youth	5:30-6:30	Kangoo	6:45-7:45	Silver Springers(5)	6:30-8:00				
Bronze Bouncers	6:00-7:00	Bronze Balancers	6:15-7:15			Silver Saltos(6)	6:30-8:00				
Tramp Flips Teen	6:30-7:30	Tramp Basics Teen	6:30-7:30			Adult Rec	7:00-8:00				
Tramp Flips Youth	7:00-8:00					Tramp Twisters	7:00-8:00				