

Recreational/Preschool/Trampoline
Winter 2025 Schedule



1371 10th Ave SW Salmon Arm, BC
250-804-0602
info@momentumgymnastics.com

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
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	9:00-10:00	Tot Romp	9:00-9:45
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			Tumble Time	9:45-10:30
Tumble Time	11:30-12:15	Tumble Time Adv	11:15-12:15	Tumble Time	11:30-12:15	Tumble Time	11:30-12:15			Bronze Bouncers	10:00-11:00
Mighty Mights	11:30-12:30	Bronze Bouncers	11:15-12:15	Tumble Time Adv	11:30-12:30					Bronze Balancers	10:30-11:30
Tumble Time Adv	12:15-1:15			Bronze Bouncers	12:15-1:15			Tot Romp	12:00-12:45	Tumble Time Adv	11:00-12:00
				Technical Tots	12:30-1:30			Adapted Gym	12:45-1:30		
				Bronze Bouncers	2:30-3:30						
Bronze Bouncers	2:30-3:30	Bronze Balancers	2:45-3:45	Silver Springers	2:45-4:15	Bronze Balancers	2:30-3:30	Bronze Balancers	2:45-3:45		
Bronze +	2:45-3:45	Silver Saltos	2:45-4:15	Bronze Balancers	3:30-4:30	Bronze Bouncers	2:45-3:45	Acro Beginner	2:45-4:15		
Silver Saltos	3:15-4:45	Bronze +	3:30-4:30	Bronze +	4:15-5:15	Silver Stars	3:30-5:00	Pre-Xcel	3:00-5:00		
Tumble Time	3:30-4:15	Bronze Bouncers	3:45-4:45	Silver Springers	4:15-5:45	Bronze Bouncers	3:45-4:45	Bronze Bouncers	3:45-4:45		
Bronze Balancers	3:45-4:45	Pre-Xcel	3:45-5:45	Tumble Time Adv.	4:30-5:30	Tumble Time	4:45-5:30	Silver Springers	5:00-6:30		
Bronze Bouncers	4:15-5:15	T+T Beginner	4:30-5:30	Bronze Bouncers	4:30-5:30	Tumble Time	5:45-6:30	Acro Intermediate	4:15-5:45		
Tramp Basics Teen	4:30-5:30	T+T Intermediate	5:30-6:30	Silver Saltos	5:00-6:30	Bronze Balancers	6:30-7:30	Bronze +	4:45-5:45		
Teen Rec	4:45-6:15	Bronze Bouncers	5:45-6:45	Tramp Flips Youth	4:30-5:30	Silver Springers	6:30-8:00	Gold Gliders	5:00-6:30		
Tumble Time	5:15-6:00	Bronze +	6:30-7:30	Bronze Balancers	5:15-6:15			Bronze Balancers	5:45-6:45		
Tramp Flips Teen	5:30-6:30			Tumble Time	5:30-6:15			T+T Intermediate	5:45-6:45		
Bronze +	6:15-7:15			Tramp Basics Youth	5:30-6:30						
Tramp Twisters	6:30-7:30			Bronze Bouncers	6:15-7:15						
Tramp Advanced	7:30-8:30			Tramp Basics Youth	6:30-7:30						
				T+T Advanced	7:00-8:30	Adult Rec	7:30-9:00				

Acro
Acro Beginner ages 6+
Acro Intermediate

Recreational
Bronze Bouncers levels 1-2
Bronze Balancers levels 3-4
Bronze + ages 8+ levels 1-4
Silver Springers level 5
Silver Saltos level 6
Silver Stars level 7-8
Gold Gliders level 9+
Teen Rec ages 12+
Adult Rec ages 18+
Adapted Gym

Pre-school
Tot Romp age 0-3
Tumble Time age 3-4
Tumble Time Adv age 4-5

Trampoline
Tramp Basics Youth ages 6-9
Tramp Basics Teen ages 10+
Tramp Flips Youth ages 6-9
Tramp Flips Teen ages 10+
Tramp Twisters level 7-9
Tramp Advanced level 10+

T+T Beginner
T+T Intermediate
T+T Advanced

Pre-Competitive
Technical Tots ages 3-4
Mighty Mights ages 4-6
Pre-Xcel ages 6+

Session Information

Holiday closure Dec 20th – Jan 5th

Classes Run January 6th – March 17th

10 week duration

No Classes on stat holidays

Online Registration: Sunday, December 1st 2024

Visit www.momentumgymnastics.com and click the "Registration" tab.

Official prices are online when registering (prices below are without tax and ins.)

\$161.25 - 45 minute classes

\$215.00 - 1 hour classes

\$322.50 - 1.5 minute classes

We charge a session fee along with 5% tax and our annual insurance fee of \$53. This insures you through all BC clubs if you were to travel and is mandatory. It runs September 2024-August 2025 and will be added to ALL invoices.