

# Recreational/Preschool/Trampoline

## Fall 2024 Schedule



1371 10<sup>th</sup> 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	8:30-9:30	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	School rentals	9:30-11:30	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	10:30-11:30
		Bronze Bouncers	11:30-12:30	Tumble Time	11:30-12:15	Mighty Might	12:15-1:15	Adapted gymnastics	1:00-1:45	Bronze Balancers	11:30-12:30
		Mighty Might	12:15-1:15	Silver Springers	12:30-2:00			Private	1:45-2:30	Birthdays	1:00-3:00
		Bronze Balancer	12:30-1:30	Tumble Time Adv.	12:15-1:15						
				Bronze Balancers	2:30-3:30					Birthdays	3:30-5:30
Bronze Bouncers	2:30-3:30			Bronze Bouncers	2:30-3:30						
Teen Rec	3:30-5:00	Bronze +	2:45-3:45	Silver Springers	2:45-4:15	Bronze Balancers	2:45-3:45	Acro Beginner	3:00-4:00		
Tumble Time	3:30-4:15	Silver Saltos	3:00-4:30	Bronze +	4:00-5:00	Silver Stars	3:45-5:15	Silver Springers	3:00-4:30		
Bronze Bouncers	4:15-5:15	Bronze +	3:30-4:30	Silver Saltos	4:15-5:45	Bronze Balancers	3:45-4:45	Acro Intermediate	4:00-5:30		
Tramp Basics Youth	4:30-5:30	Bronze Balancers	3:45-4:45	Silver Springers	5:00-6:30	Bronze Bouncers	4:45-5:45	Bronze Bouncers	4:45-5:45		
Silver Springers	5:00-6:30	T+T Beginner	4:30-5:30	Bronze Bouncers	4:30-5:30	Silver Saltos	6:00-7:30	Bronze +	5:30-6:30		
Tumble Time	5:15-6:00	T+T Intermediate	5:30-6:30	Bronze Bouncers	<b>4:30-5:30</b>	Adult Rec	7:30-9:00	Bronze Balancers	5:45-6:45		
Tramp Flips Youth	5:30-6:30	Gold Gliders	6:30-8:00	Tumble Time	5:30-6:15						
Bronze +	6:30-7:30			Tumble Time	5:30-6:15						
Bronze Bouncers	6:00-7:00			Bronze Balancers	5:45-6:45						
Tramp Flips Teen	6:30-7:30			Bronze Bouncers	6:15-7:15						
Adult Rec	7:00-8:30			Tumble Time Adv	6:15-7:15						
				Tramp Twisters	6:00-7:00						
				Tumbling Adv.	7:00-8:00						

Classes Run Septemeber 16<sup>th</sup> – December 9<sup>th</sup>  
 12 week duration except Mondays (10 weeks due to stats)  
 No Classes on stat holidays  
 (Truth and Reconciliation day, Thanks giving, and Remembrance day)

**Online Registration:** Monday, August 19<sup>th</sup> 2024

Visit [www.momentumgymnastics.com](http://www.momentumgymnastics.com) and click the “Registration” tab.

**Prices are online when registering**

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.