

1371 B 10th Ave SW Salmon Arm

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Momentum Parkour & Ninja

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Class	Time	Class	Time	Class	Class	Time	Time	Class	Time	Class	Time
Rentals	1230-2:00										
Junior Parkour	2:35-3:20	Junior Parkour	4:10-4:55	Junior Parkour	3:00-3:45	Junior Parkour	4:15-5:00				
Youth Beginner	3:30-4:30	Junior Parkour	4:25-5:10	Youth Beginner	3:50-4:50	Youth Intermediate	4:25-5:25	Youth Beg	4:15-5:15		
Youth Beginner	4:35-5:35	Youth Int	5:00-6:00	Junior Parkour	4:10-4:55	Youth Beginner	5:05-6:05	Youth Int	5:20-6:20		
Youth Intermediate	5:45-6:45	Youth Beginner	5:15-6:15	Youth Beginner	5:00-6:00	Teen Int	5:30-6:30				
Teen Intermediate	7:00-8:00	Youth Int	6:10-7:10	Youth Intermediate	5:00-6:00	Youth Beginner	6:10-7:10	Drop In	6:30-7:30		
		Junior Parkour	6:25-7:10	Youth Intermediate	6:05-7:05	Teen Beg	6:35-7:35				

Junior – ages 4-6 Youth – ages 7-11 Teen – ages 12+

Session Information

Classes Run April 8th – June 23rd

11 week duration

No Classes on stat holidays

Online Registration: Monday, March 10th 2025

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

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

\$177.00 - 45 minute classes

\$236.50 - 1 hour 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.