

# Recreational/Preschool/Trampoline Spring 2025 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	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 Mightys	11:30-12:30	Bronze Bouncers	11:15-12:15							Bronze Balancers	10:30-11:30
Tumble Time Adv	12:15-1:15			Tumble Time Adv	12:30-1:30			Adapted gymnastics	12:45-1:30	Tumble Time Adv	11:00-12:00
				Technical Tots	12:30-1:30						
						Bronze Bouncers	2:45-3:45	Bronze Balancers	2:45-3:45		
Bronze Bouncers	2:30-3:30	Bronze Balancers	2:45-3:45	Bronze Bouncers	2:30-3:30	Bronze Bouncers	3:45-4:45	Acro Beginner/Int	3:00-4:30	Birthday	12:30-2:00
Bronze +	2:45-3:45	Bronze +	3:30-4:30	Silver Springers	2:45-4:15	Mighty Mightys	4:00-5:00	Bronze Bouncers	3:45-4:45	Birthday	1:45-3:15
Silver Saltos	3:15-4:45	Bronze Bouncers	3:45-4:45	Bronze Balancers	3:30-4:30	Tramp Flips Youth	4:30-5:30	Tumbling Advanced	4:30-5:30	Birthday	3:00-4:30
Tumble Time	3:30-4:15	T+T Beginner	4:30-5:30	Bronze +	3:15-4:15	Tumble Time	4:45-5:30	Bronze +	4:45-5:45		
Bronze Balancers	3:45-4:45	Bronze Bouncers	4:30-5:30	Silver Springers	4:15-5:45	Tumble Time	5:30-6:15	Bronze Balancers	5:45-6:45		
Bronze Bouncers	4:15-5:15	Bronze Balancers	4:45-5:45	Tumble Time Adv.	4:30-5:30	Tramp Basics Youth	5:30-6:30	Tumbling Intermed.	5:30-6:30		
Teen Rec	4:45-6:15	Tumble Time	4:45-5:30	Bronze Bouncers	4:30-5:30	Tramp Flips Teen	6:30-7:30				
Tumble Time	5:15-6:00	Silver Saltos	5:00-6:30	Silver Saltos	5:00-6:30						
		T+T Intermediate	5:30-6:30	Bronze Balancers	5:15-6:15						
		Bronze Bouncers	5:30-6:30	Tumble Time	5:30-6:15						
		Silver Stars	5:45-7:15	Silver Stars	5:45-7:15						
		Bronze +	6:30-7:30	Bronze +	6:30-7:30			Drop In	7:00-8:00		
		Adult Rec	7:15-8:15	Bronze Bouncers	6:15-7:15						

Classes Run March 31st – June 23<sup>rd</sup>  
No Classes on stat holidays

**Online Registration:** Monday, March 10<sup>th</sup> 2025  
Visit [www.momentumgymnastics.com](http://www.momentumgymnastics.com) and click the “Registration” tab.

**12 week duration**

**Prices are online when registering are based on how many weeks the session is.**

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.