

TENTATIVE

Recreational, Preschool and
Parkour Schedule for 2026/2027



1371B 10th Ave SW
Salmon Arm, BC
250-804-0602

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Class	Time	Class	Time	Class	Class	Class	Time	Class	Time	Class	Time
Tumble Time	9:15-10:00	Parent Tumble time	9:30-10:15	Tumble time	9:00-9:45	Tot Romp	9:00-9:45	Kangoo	9:00-10:00	Tot Romp	9:00-9:45
Tumble Time	10:00-10:45	Tumble Time	10:15-11:00	Tumble time adv	9:00-10:00	Tumble Time	9:45-10:30			Parent Tumble Time	10:00-10:45
Parent Tumble Time	10:00-10:45	Tumble Time Adv.	11:15-12:15	HS Bronze Bouncers	9:45-10:45	Tumble Time Adv.	10:30-11:30	School rentals	10:00-11:30	Junior Beginner	10:00-11:00
Tot Romp	10:45-11:30			Tumble time	10:00-10:45	Tumble Time Adv.	12:30-1:30	Adapted gymnastics	11:30-12:15	Bronze Bouncers	10:45-11:45
Tumble Time Adv	11:30-12:30			Tot Romp	10:45-11:30	Junior Beginner	1:00-2:00			Youth Beginner	11:00-12:00
HS Bronze Bouncers	11:30-12:30			HS Silver Springers	11:30-1:00	HS Youth Beginner	2:00-3:00				
Technical tots	12:30-1:30			HS Bronze Balancers	12:00-1:00					Birthday Parties	12:30-2:15
										Birthday Parties	2:00-3:45
Mighty Mightys	2:45-4:15	Bronze Bouncers	2:45-3:45	Bronze Bouncers	2:45-3:45	Youth Intermediate	3:00-4:00	Bronze Bouncers	2:30-3:30	Birthday Parties	3:30-5:15
Silver Stars	3:00-4:30	Silver Springers	3:00-4:30	Bronze Balancers	2:45-3:45	Youth Beginner	4:00-5:00	Youth Beginner	2:45-3:45		
Tumble Time	4:15-5:00	Bronze Balancers	4:30-5:30	Tumble Time Adv	3:45-4:45	Tumble Time Adv	4:15-5:15	Bronze Bouncers	3:30-4:30		
Silver Springers	4:30-6:00	Bronze +	4:30-5:30	Bronze Balancers	3:45-4:45	Bronze Bouncers	5:15-6:15	Junior Beginner	3:45-4:45		
Tumble Time Adv	5:00-6:00	Bronze Bouncers	5:30-6:30	Bronze Bouncers	4:30-5:30	Bronze Balancers	5:15-6:15	Bronze +	4:30-5:30		
Bronze +	6:00-7:00	Silver Saltos	5:30-7:00	Bronze +	5:00-6:00	Junior Intermediate	5:15-6:15	Tumble Time	5:00-5:45		
Teen Rec	7:00-8:00	Silver Star	5:45-7:15	Bronze Bouncers	5:30-6:30	Bronze Bouncers	6:15-7:15	Tumbling Int.	5:30-6:30		
		Tumbling Beg.	6:00-7:00	Bronze Balancers	6:00-7:00	Silver Saltos	6:15-7:45				
		Bronze Bouncers	6:30-7:30	Bronze +	7:00-8:00	Teen Beg/Int	6:30-7:30				
		Bronze Balancers	6:30-7:30	Silver Springers	6:30-8:00						
		Tumbling Int.	7:00-8:00								
		Adult Rec	7:00-8:00								

Classes Run Sept 21st - June 19th

We have switched over to a monthly registration with an automatic renewal for the next month unless given 30 day notice to withdraw.

No Classes on stat holidays or over winter break and Spring break

Prices are online when registering and are based on how many weeks are in the month.

We charge a monthly fee along with 5% tax and our annual insurance fee of \$55.

This insures you through all BC clubs if you were to travel and is mandatory.

It runs from September 2026-August 2027 and will be added to ALL invoices.

Online Registration: Monday, August 24th 2026 at 7:00 AM

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

Recreational
Preschool
Parkour
T+T
Adult
Pre-Comp