

Spring 2026

Recreational/Preschool Schedule



1371B 10th Ave SW

Salmon Arm, BC

250-804-0602

info@momentumgymnastics.com

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Class	Time	Class	Time	Class	Class	Class	Time	Class	Time	Class	Time
Tumble Time	9:30-10:15	Tot Romp	9:45-10:30	Tumble Time	9:45-10:30	Tot Romp	9:30-10:15	Kangoo	9:00-10:00	Tot Romp	9:00-9:45
Tot Romp	10:15-11:00	Tumble Time	10:30-11:15	Tot Romp	10:30-11:15	Parent Tumble Time	10:15-11:00			Tumble Time	9:45-10:30
Parent Tumble Time	11:15-12:00	Tumble Time Adv	11:15-12:15	Parent Tumble Time	11:15-12:00	Tumble Time Adv	10:30-11:30			Parent Tumble Time	9:50-10:35
Tumble Time Adv	11:00-12:00			Tumble Time	11:30-12:15	Tumble Time	11:00-11:45	Adapted Gymnastic	11:30-12:15	Tumble Time	10:30-11:15
Technical Tots	12:00-1:00			HomeSchool Bronze	12:00-1:00					Tumble Time Adv	10:40-11:40
										Bronze Bouncers	11:15-12:15
Bronze Bouncers	2:30-3:30	Bronze Bouncers	2:45-3:45	Bronze Bouncers	2:45-3:45					Birthday	12:15-2:00
Silver Stars	3:15-4:45	Silver Springers	3:15-4:45	Bronze Balancers	2:45-3:45			Bronze Bouncers	3:15-4:15	Birthday	1:30-3:15
Tumble Time	3:30-4:15	Bronze +	3:45-4:45	Silver Springers	3:00-4:30					Birthday	2:45-4:30
Bronze Bouncers	4:15-5:15	Bronze Bouncers	4:45-5:45	Bronze Bouncers	3:45-4:45	Tumble Time Adv	4:15-5:15	Bronze +	4:15-5:15		
Bronze Balancers	4:15-5:15	Bronze +	4:45-5:45	Tumble Time	4:45-5:30	Bronze Balancers	4:45-5:45				
Teen Rec	4:45-6:15	Tumble Time Adv	5:45-6:45	Tumble Time Adv	4:45-5:45	Bronze Bouncers	5:15-6:15				
Bronze Bouncers	5:15-6:15	Silver Stars	5:45-7:15	Bronze Bouncers	5:30-6:30	Tumble Time	5:45-6:30	Kids Kangoo	5:45-6:30		
Youth Tramp Basics	6:15-7:15	Tumbling Int	5:45-7:15	Bronze Balancers	5:30-6:30	Bronze +	6:15-7:15				
Bronze Balancers	6:15-7:15	Adult Rec	7:15-8:15	Bronze +	6:30-7:30	Tumbling Int	6:30-8:00				
Silver Saltos	6:15-7:45			Silver Springers	6:30-8:00						
Bronze +	6:45-7:45							Drop In	7:00-8:00		

Classes Run March 30th – June 22nd
 12 Week Duration except for Friday's which is 11 weeks

Online Registration: Monday, March 2nd 2026
 Visit www.momentumgymnastics.com and click the "Registration" tab

No Classes on stat holidays

Prices are online when registering and are based on how many weeks the session is. We charge a session 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 2025-August 2026 and will be added to ALL invoices.