

Winter 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	9:30-10:15	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	10:15-11:00	Parent Tumble Time	10:30-11:15	Tot Romp	10:30-11:15	Tumble Time Adv	10:30-11:30			Parent Tumble Time	9:45-10:30
Parent Tumble Time	11:15-12:00	Tumble Time	11:15-12:00	Tumble Time	11:30-12:15	Parent Tumble Time	10:30-11:15			Tumble Time	9:45-10:30
Tumble Time Adv	11:15-12:15	Tumble Time Adv	11:15-12:15	Parent Tumble Time	11:30-12:15	Tumble Time	11:30-12:15	Adapted Gymnastic	11:45-12:30	Bronze Bouncers	10:00-11:00
Technical Tots	12:15-1:15	Tumble Time	12:15-1:15	Tumble Time	12:15-1:00	Technical Tots	11:30-12:30			Parent Tumble Time	10:30-11:00
				Tumble Time Adv	12:15- 1:15					Tumble Time Adv	10:30-11:30
HomeSchool Silver	12:30-2:00	HomeSchool Bronze	1:00-2:00	HomeSchool Bronze	1:00-2:00						
										Birthday	12:15-2:00
Bronze Bouncers	2:30-3:30	Bronze Bouncers	2:45-3:45	Bronze Balancers	2:45-3:45	Bronze Bouncers	2:45-3:45	Tumble Time	3:00-3:45	Birthday	1:30-3:15
Silver Stars	3:15-4:45	Silver Springers	3:15-4:45	Silver Saltos	3:15-4:45	Bronze Balancers	3:45-4:45	Youth Beg T/PK	3:00-4:00	Birthday	2:45-4:30
Tumble Time	3:30-4:15	Bronze +	3:45-4:45	Bronze Bouncers	3:45-4:45	Tramp Basics	3:45-4:45	Bronze +	3:30-4:30		
Bronze Bouncers	4:15-5:15	Bronze Bouncers	4:45-5:45	Tumble Time	4:45-5:30	Tumble Time Adv	4:15-5:15	Silver Springers	3:45-5:15		
Bronze Balancers	4:15-5:15	Bronze +	4:45-5:45	Tumble Time Adv	4:45-5:45	Youth Flips	4:45-5:45	Youth Int Tramp/PK	4:00-5:00		
Teen Rec	4:45-6:15	Bronze Balancers	5:45-6:45	Silver Springers	4:45-6:15	Bronze Balancers	4:45-5:45	Tumble Time Adv	4:30-5:30		
Bronze Bouncers	5:15-6:15	Silver Stars	5:45-7:15	Tumble Time	5:30-6:15	Tumble Time	4:45-5:30	Junior Tramp/PK	5:00-5:45		
Silver Springers	5:30-7:00	Tumbling Int	5:45-7:15	Bronze Balancers	5:45-6:45	Bronze Bouncers	5:15-6:15	Youth Int Tramp/PK	5:00-6:00		
Silver Saltos	6:15-7:45	Bronze Balancers	6:45-7:45	Bronze +	6:15-7:15	Tumble Time	5:30-6:15	Junior Tramp/PK	5:45-6:30		
Youth Tramp Basics	6:15-7:15	Adult Rec	7:15-8:15	Silver Stars	6:15-7:45	Teen Flips	5:45-6:45	Teen Tramp/PK	6:00-7:00		
Bronze +	6:45-7:45					Bronze +	6:30-7:30				
						Teen Twisters	6:45-7:45				
								Drop In	7:00-8:00		

Classes Run January 5th – March 16th
10 Week Duration

Online Registration: Monday, November 24th 2025
 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.