

Parkour, Trampoline & Tumbling

Spring 2020

6+ years



1371 10th Ave SW

Salmon Arm

250-804-0602

info@momentumgymnastics.com

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Class	Time	Class	Time	Class	Time	Class	Time	Class	Time
				Tramp Flips	3:30-4:30	Tramp Basics	2:30-3:30	Tramp Flips	3:30-4:30
						Kids Parkour	3:30-4:30	Kids Parkour	3:30-4:30
Tramp Basics	4:30-5:30	Freestyle Tramp Adv	4:30-5:30			Junior Parkour	4:30-5:15	Junior Parkour	4:30-5:15
		Comp Tumbling	5:30-6:30	Tumbling	5:30-6:30	Youth Parkour	5:30-6:30	Trampoline Twisting Adv	5:00-6:00
Tramp Flips	6:30-7:30			Tramp Flips	6:30-7:30	Teen Parkour	6:30-7:30	Youth Parkour	5:15-6:15

Classes Run March 30th – June 15th

11 week duration

No Classes April 10th or May 18th

Priority Online Registration: February 23rd 2020

Public Online Registration: March 1st 2020

Visit www.momentumgymnastics.com and click the “Registration” tab.

Prices do not include 5% taxes or yearly insurance fees, unfortunately insurance fees have been raised from Gymnastics BC due to trampoline laws and are now 38.50 for recreational athletes.

Class	1 classes/week	2 classes /week
Tumbling	\$200	
Tramp Basics	\$200	\$300
Tramp Flips	\$200	\$300
Junior Parkour	\$190	
Kids, Youth, Teen	\$220	\$320