

**Trampoline & Tumbling  
Parkour  
Winter 2021**



1371 10<sup>th</sup> 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
				Junior Parkour	11:15-12:00				
				Kids Parkour	12:00-1:00				
				Tramp Flips	2:45-3:45	Kids Parkour	2:30-3:30	Kids Parkour	2:45-3:45
		Tramp Basics	4:00-5:00	Kids Parkour	3:45-4:45	Youth Parkour	3:30-4:30	Youth Parkour	3:45-4:45
		Tramp Flips	6:15-7:15	Tramp Flips	5:30-6:30	Junior Parkour	4:45-5:30	Youth Parkour Advanced	4:45-5:45
				Super Saltos	6:30-7:30	Junior Parkour	5:30-6:15	Kids Parkour Advanced	6:00-7:00
						Kids Parkour	6:30-7:30	Teen Parkour	7:00-8:00
				Comp Tumbling	7:30-8:30	Youth Parkour	7:30-8:30		

Classes Run January 4<sup>th</sup> – March 15<sup>th</sup>  
10 week duration  
No Classes February 15<sup>th</sup>

**Priority Online Registration:** November 22<sup>th</sup> 2019

**Public Online Registration:** November 29<sup>th</sup> 2019

Visit [www.momentumgymnastics.com](http://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 \$47 for recreational athletes.**

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