

Spring 2022

Parkour & Trampoline Schedule

Ages 4+



1371B 10th Ave SW

Salmon Arm, BC

250-804-0602

info@momentumgymnastics.com

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Class	Time	Class	Time	Class	Time	Class	Time	Class	Time
								Junior Parkour	4:15-5:00
								Tramp Basics	4:30-5:30
								Youth Parkour	5:00-6:00
Junior Parkour	4:00-4:45	Tramp Basics	4:30-5:30	Tramp Basics	4:15-5:15	Tramp Basics	4:15-5:15	Junior Parkour	5:30-6:15
Tramp Flips	4:45-5:45	Tramp Flips	5:30-6:30	Tramp Basics	4:30-5:30			Youth Parkour	6:00-7:00
Tramp Basics	5:45-6:45	Teen Parkour	6:30-7:30	Junior Parkour	5:15-6:00			Tramp Flips	6:15-7:15
Tramp Flips	6:00-7:00			Tramp Flips	5:30-6:30			Teen Parkour	7:00-8:00
				Youth Parkour	6:15-7:15			Super Saltos	7:00-8:00

Classes Run April 4th – June 20th

11 week duration

No Classes Friday, April 15th Good Friday

Monday, May 23rd Victoria Day (make up days at the end of the session)

Priority Online Registration: Monday, March 7th

Public Online Registration: Tuesday, March 8th

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

Prices do not include 5% taxes or yearly insurance fees, insurance is \$47 annually for recreational athletes.

Class	1 classes/week	2 classes /week
Tramp Basics, Flips, Saltos	\$210	\$310
Junior Parkour	\$200	\$300
Junior Parkour Adv.	\$210	