

Winter 2022
Parkour & Trampoline Schedule
 Ages 4+



1371B 10th Ave SW
Salmon Arm, BC
250-803-3414
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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Class	Time	Class	Time	Class	Time	Class	Time	Class	Time
								Tramp Flips	3:00-4:00
		Junior Parkour	4:00-4:45			Tramp Basics	4:15-5:15	Junior Parkour	4:15-5:00
		Junior Parkour	4:45-5:30	Tramp Basics	4:15-5:15			Tramp Basics	5:00-6:00
Tramp Flips	5:00-6:00	Tramp Basics	5:30-6:30	Tramp Basics	5:15-6:16			Junior Parkour	6:00-6:45
		Tramp Basics	6:30-7:30					Tramp Flips	6:30-7:30
								Super Saltos	7:30-8:30

Classes Run Jan 3rd – Mar 21st
 11 week duration
 No Classes Monday Feb 21st

Priority Online Registration: Monday, November 29th
Public Online Registration: Tuesday, November 30th
 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 \$47 for recreational athletes.

Class	1 classes/week	2 classes /week
Beginner, Intermediate Tumbling	\$210	
Tramp Basics, Flips, Saltos	\$210	\$310
Junior Parkour	\$200	
Recreational Parkour	\$260	