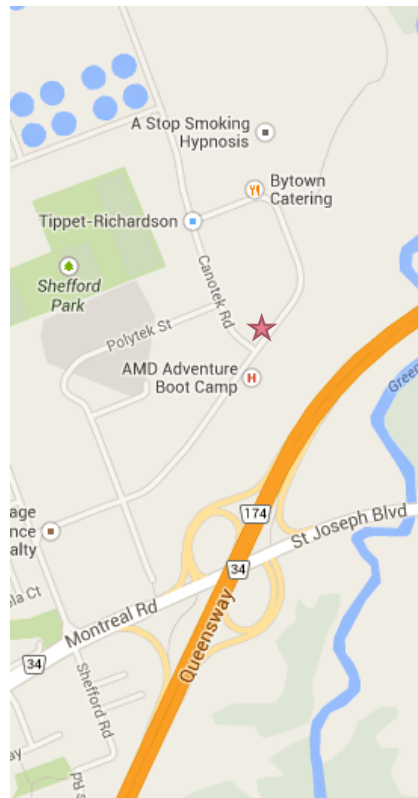


# Spring Action Trampoline BIRTHDAY PARTY SCHEDULE

September 10<sup>th</sup>, 2016 – June 25<sup>th</sup>, 2017

Sunday	Gym Time: 1:30-2:30pm *Party Room: 2:30-3:30pm	Gym Time: 3:00-4:00pm *Party Room: 4:00-5:00pm
Saturday	Gym Time: 1:30-2:30pm *Party Room: 2:30-3:30pm	Gym Time: 3:00-4:00pm *Party Room: 4:00-5:00pm

\*Please note that the party room is optional.



**SPRING ACTION  
TRAMPOLINE**

Come see us at our new facility!  
5515 Canotek Rd

**Contact Us:**  
**613-761-9620**  
**info@springaction.ca**  
**www.springaction.ca**

We are committed to a safe and fun  
trampoline experience!



**SPRING ACTION  
TRAMPOLINE**

**Birthday Parties  
&  
Group Bookings**

Our facility has Olympic High  
Performance Trampolines, a Foam Pit  
and certified coaches!

## ABOUT SPRING ACTION

Spring Action has been offering trampoline lessons, trampoline & circus day camps, and trampoline performances for over 20 years. With Olympic sized trampolines, DMT, state of the art foam pit and nationally certified coaches, Spring Action is one of the top acrobatic learning centres in North America.

Spring Action has helped many athletes reach international heights in a variety of sports including; Aerial Skiing, Snowboarding, Wakeboarding, Double-Mini Trampoline and Trampoline.

Some notable athletes include:

- Hugo Lalumiere, Gold Medalist 2015 Utah Tour
- Heather Ross McManus, Athens 2004 Olympian
- Cedric Belisle, 2007 Canadian Youth Double Mini Team Member, Bronze Medalist Indo-Pacific 2006
- Jeff Bean, Olympic Aerial Skier
- Brenna Casey, 1999 & 2001 World Double-Mini Trampoline Champion
- Jenny Barker, World Junior Wakeboard Champion

Spring Action has NCCP certified instructors whose primary focus is safety and fun for the participants. Instructors inform participants of safety rules and teach all skills with safe progressions. All participants progress at their own rate and only perform skills with which they are comfortable.

### Birthday Parties & Group Bookings

For all ages and any occasion! Celebrate your birthday or just get a group of friends together for an hour of fun. Great for team parties, family get-togethers, youth groups or corporate team building! We provide the instructors, you get to play, learn and have FUN!

#### What goes on during the Party?

Everyone at the party will participate in the following activities:

- a quick stretch, warm up and game\*
- use of the double-mini trampoline & tight wire
- learning, fun, easy, safe tricks on the trampoline with our instructors
- supervised free time (no flips!) and \*games with the instructors on the the trampolines.
- \* games and activities are age appropriate.
- \* Excludes Teen Party Package

#### What should I wear?

- Athletic attire such as t-shirts or leotards are suggested
- Be sure to tie long hair back and remove all jewelry
- All participants should wear socks!
- Most of all don't forget your smile!

#### Is trampoline safe?

- Trampoline as an activity is safe provided the participants willingly follow the rules and guidelines laid out by the certified coaches. At Spring Action Trampoline our staff does everything they can to provide our clients with the lowest possible risk of injury while providing a safe and fun environment.

- With safety as our first priority we do ask that all parents encourage participants to listen to the instructors so that everyone can have the most fun possible!

#### How do I book my party?

Please e-mail us at [info@springaction.ca](mailto:info@springaction.ca) to see what dates and times we have available to host your party. In order to book your party, we will require a \$75 non-refundable deposit by email transfer as well as a completed booking form.

## Birthday Parties & Group Bookings Price List

Choose the package that best suits your needs:

#### Basic Party Package (4 yrs & up)

- 1 hour in the gymnasium with certified coach(es)
- Electronic Invitations
- Free One Hour Instructional Class for the Birthday Party Guest of Honor (\$20 value)

- \$135 + HST for up to 10 participants – 1 instructor
- \$185 + HST for 11-16 participants – 2 instructors
- \$235 + HST for 17-24 participants – 3 instructors

#### Basic Party Package + Room (4 yrs & up)

- 1 hour in the gymnasium with certified coach(es)
- 1 hour in the party room (parental supervision required)
- You may supply your own food and refreshments in the party room (peanut free please!)
- Electronic Invitations
- Free One Hour Instructional Class for the Birthday Party Guest of Honor (\$20 value)

- \$185 + HST for up to 10 participants – 1 instructor
- \$235 + HST for 11-16 participants – 2 instructors
- \$285 + HST for 17-24 participants – 3 instructors

#### Teen Party Package (12 yrs & up)

- 2 hours of open gym time
- 20 min introduction session with certified coach(es)
- Unlimited access to the party room as of 3:30pm (parental supervision required)
- You may supply your own food and refreshments in the party room (peanut free please!)
- Electronic Invitations
- Free One Hour Instructional Class for the Birthday Party Guest of Honor (\$20 value)

- Minimum of 10 guests or \$100
- Maximum of 20 guests
- \$10 per person