



**SPRING ACTION
TRAMPOLINE**

FALL 2017 Recreational Program Schedule

		Tues	Wed	Thurs	Sat	Sun	Mon
	First Class	Sept 5 th	Sept 6 th	Sept 7 th	Sept 9 th	Sept 10 th	Sept 11 th
	Last Class	Dec 19 th	Dec 20 th	Dec 21 st	Dec 16 th	Dec 17 ^h	Dec 18 th
	# of Classes	16	16	16	15	15	14
These classes will introduce your little one to the basics of trampoline! With the focus on fun and jumping your child will develop their cognitive ability, coordination and balance all while learning new trampoline skills!	Junior Jumpers 4-6 years 1 hour class				10:00-11:00 \$279.68		
Our programs are focused on FUN and safety. Our NCCP certified instructors will ensure that your athlete develops and learns new trampoline skills that follow proper progressions in a structured & safe environment. Spring Action has top-of-the-line equipment and is the best place to learn and improve your trampoline skills!	Trampoline 6-11 years 1 hour class	5:00-6:00 \$296.06	4:30-5:30 5:00-6:00 \$296.06		10:00-11:00 \$279.68	11:00-12:00 \$279.68	4:00-5:00 \$263.29
	Trampoline 9-13 years 1 hour class		4:30-5:30 5:30-6:30 \$296.06	5:00-6:00 \$296.06	11:00-12:00 \$279.68	11:00-12:00 \$279.68	4:00-5:00 5:30-6:30 \$263.29
	Teen 13+ years 1 hour class	7:30-8:30 \$296.06	6:30-7:30 \$296.06	7:30-8:30 \$296.06			
It's never too late to start jumping! Spring Action offers trampoline classes for everyone. Our adult classes are a great way to stay active and maintain a healthy lifestyle.	Adult 17+ years 1 hour class	8:30-9:30 \$296.06		8:30-9:30 \$296.06			
Our coaches have multi-sport certifications that allow them to teach high level on-axis & off-axis skills safely and with proper progressions. Perfect for more advanced athletes, skiers & snowboarders.	Freestyle/Advanced 8+ years 1.5-hour class	6:00-7:30 \$418.10	6:00-7:30 \$418.10	6:00-7:30 \$418.10			5:00-6:30 \$370.90
Just want to bounce around and play? Our open jump times are just what you are looking for! Have fun on our Olympic trampolines in a safe environment supervised by NCCP certified instructors!	Public Open Jump All ages 1 hour class				11:00-12:00 1:30-2:30 \$10/h	12:00-1:00 1:00-2:00 2:00-3:00 \$10/h	
	Adult Open Jump 17+ 1 hour class	8:30-9:30 \$10/h		8:30-9:30 \$10/h			

Important Information

All participants in Spring Action programs including drop-ins must be members of Gymnastics Ontario for insurance purposes. This is an annual fee that expires every June. The GO fee is \$33.90 and is included in the prices above.

All prices include HST. Payment due at time of registration. Registration is available online. We also accept cash, cheque or e-mail transfer as alternative methods of payment.

Age groups are subject to change depending on enrollment

Participants who register for 2 classes per week receive 20% off their second class. Register more than one family member and receive 10% off each additional family member. Please see the table below for prices:

Multi-Discount Prices

	Monday	Tues-Thurs	Sat & Sun
2 hours per week	\$446.80	\$505.79	\$476.30
2 family members	\$503.65	\$565.90	\$534.77

Please note we are closed Monday, October 9th.