

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 :

- 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 and 2001 World Age Group 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.

Special Offer for Session Members!

- ☺ Drop in to extra classes for only \$15
- ☺ 10% off for additional family members!

TRAMPOLINE LESSONS

Age 4 or 66, beginner or advanced, Spring Action offers trampoline classes for everyone! Focused on FUN, with NCCP certified instructors and top-of-the-line equipment, Spring Action is the best place to learn and improve your trampoline skills!

JUNIOR JUMPERS (4-6 years old)

Based on FUN and games, Kinderbounce classes introduce 4-5 year olds to the basics of trampoline. Instruction is a very important part of trampoline! to learn the bases and skills properly to help prevent injury. Classes are forty five minutes including activities on the floor and the trampoline. Develop coordination and balance that will be an asset in any sport!

PUBLIC JUMP

Looking to jump for an hour without the instruction? Spring Action now has open public jump hours! Everyone is welcome to come jump and play for an hour on our Olympic trampolines! There will be a certified instructor on-site to help ensure safety and a good time!

FREESTYLE

Learn your bases, skills and drills for the slopes. Based on the Canadian Freestyle Federation Air 1 and Air 2 modules these classes pay specific attention to developing air sense and skills for freestyle skiers. Classes are 1.5 hours in length with a certified instructor. Athletes must request this class and attend an assessment.

PARTIES AND 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 instructors, you get to play, learn and have FUN!

Fall 2014—PRICE LIST September 6th to 21st

- **Administration & Gymnastics Ontario Fee-30+HST**
 - All participants in Spring Action programs including drop-in pass holders must be members of Gymnastics Ontario for insurance purposes. This is an annual fee that expires every June.
- **Instructional Classes**
 - Weekdays: 15 week session
 - 1 hour per week \$206.25+ GO Fee +HST = \$266.95
 - 2 hours per week \$371.25+ GO Fee +HST = \$453.40
 - 2 family members \$391.85+ GO Fee +HST = \$510.60 (prices pro-rated for those who register later in the session)
 - Weekends: 16 week session
 - 1 hour per week \$220+ GO Fee +HST = \$282.50
 - 2 hours per week \$346.50+ GO Fee +HST = \$481.38
 - 2 family members \$365.75+ GO Fee +HST = \$517.54 (prices pro-rated for those who register later in the session)
- **Freestyle 1**
 - Wednesdays : 15 week session
 - 1.5 hour class \$309.40+GO fee + HST = \$383.50
 - Max of 7 athletes per class
 - Assessment required
- **Junior Jumpers (4-6yrs)**
 - Saturdays and Sundays: 16 week session
 - 1 hour per week—\$220+ GO Fee +HST = \$282.50
 - 1:6 ratio
- **Drop-In Instructional Class**
 - 1 hour \$20
 - Family Special 2 for \$30
- **Public Open Jump**
 - 1 hour—no instruction \$10
- **Private Lessons**
 - 25 minutes, 1:1 instruction \$40 +HST = \$45.20
 - Group of 10 Private Lessons \$300+HST = \$339
 - GO membership mandatory \$30+HST = \$33.90
- **Special Needs lesson**
 - 25 minutes, 1:1 instruction \$40 +HST = \$45.20
 - Session rates available