

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 Staff:

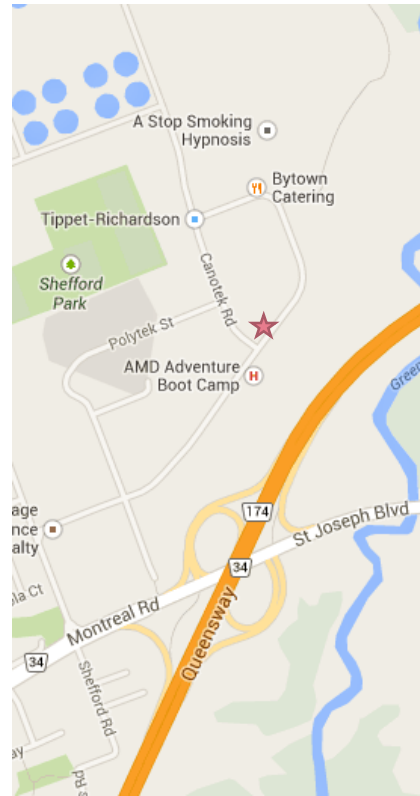
Spring Action Summer Camps are well supervised and safety oriented. Our instructors have experience in the sport of trampoline and are certified by the National Coaching Certification Program. Our staff are there to ensure a fun and safe learning experience for everyone!

Extra Care:

Spring Action offers extra care for its summer camp participants from 8:00am-9:00am and from 4:00-5:00pm. During these hours' participants are permitted to use any of the juggling equipment, however they are not allowed on any of the apparatus (i.e. trampoline, trapeze, mini-tramp...). The cost for extra care is \$5.00+HST a day. Parents must sign up and pay in advance in order to receive extra care. Late pick-up charges will also apply.

Please see website for details

www.springaction.ca



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

Freestyle Camp

Our freestyle camps are scheduled around various water ramp camps so that freestyle athletes can get the chance to perfect their skills before heading out to water ramp camp!



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

Spring Action Freestyle Camps

Attending water ramp camp this summer?

Trampoline is the number one recommended sport for aerial sports as it builds self-confidence, aerial awareness as well as core muscle strength! Spring Action is offering dry-land training for all athletes who are looking to perfect their skills before putting them to the test on the water ramps!

Our 3-day freestyle camps are open to skiers, snowboarders, wakeboarders, water skiers and anyone who is looking to work on both off-axis and on axis skills! During our camps athletes will have access to foam boards, wake board ropes and our top-of-the-line foam pit. Not only are our coaches certified to teach on-axis flips through the National Coaching Certification Program (NCCP) but they are also experts on off-axis skills. Our coaches have undergone Air Sense training through the Canadian Freestyle Association! Our programs promote safety by offering proper progressions and multiple steps to off-axis twisting and flipping! Our landings are a lot softer than water and/or the hill making it ideal for cross training!

Which water ramp camps are our camps schedule around?

- Lake Placid - July 30th- August 4th
- Fortune Freestyle - August 9th-13th
- Lake Placid – August 15th – 20th
- NCR – September 5th-7th

A Few Reminders....

- Dress in athletic attire
- Long hair should be tied up
- No jewelry
- Bring sun screen and a hat for when we go outside for lunch!
- Please leave all valuables at home. Spring Action is not responsible for lost or stolen items.
- Participants bring their own lunch, snacks and drinks. **NO PEANUTS** please! You will be very active during the day so make sure that you have plenty to drink and eat!



Refund and Cancellation Policy:

Refunds will only be issued with a medical note given 7 days prior to the start of the camp. There will be a \$35 administrative fee and the remainder of the amount will be refunded. For our detailed cancellation policy please go to www.springaction.ca/summercamp.htm.

Freestyle Camp Registration Form 2016

Sign up for:

- Freestyle Camp A July 25th-27th
- Full Day – 9am-4pm - \$135+HST= \$152.55
 Half Day – 9-11:30am OR 1:30-4pm - \$80+HST=\$ 90.40
 Extra Care – 8am drop-off/5pm pick up - \$5+HST= \$5.65/day
- Freestyle Camp B August 2nd-4th
- Full Day – 9am-4pm - \$135+HST= \$152.55
 Half Day – 9-11:30am OR 1:30-4pm - \$80+HST=\$ 90.40
 Extra Care – 8am drop-off/5pm pick up - \$5+HST= \$5.65/day
- Freestyle Camp C August 8th-10th
- Full Day – 9am-4pm - \$135+HST= \$152.55
 Half Day – 9-11:30am OR 1:30-4pm - \$80+HST=\$ 90.40
 Extra Care – 8am drop-off/5pm pick up - \$5+HST= \$5.65/day
- Freestyle Camp D August 29th-31st
- Full Day – 9am-4pm - \$135+HST= \$152.55
 Half Day – 9-11:30am OR 1:30-4pm - \$80+HST=\$ 90.40
 Extra Care – 8am drop-off/5pm pick up - \$5+HST= \$5.65/day

Name _____ Birthday Y/MD _____

Address _____

City _____ Postal Code _____

Home Phone _____ Emergency Contact Number _____

Parent Name _____ Email Address _____

Allergies or other medical conditions _____

How did you hear about Spring Action? _____

Notice of Warning:

There is a potential risk of injury involved in training and participating in any sport. Spring Action has made every effort to create a safe and controlled environment for participation. Rules that must be followed have been established for participation and conduct on and about the trampoline area.

Signature _____