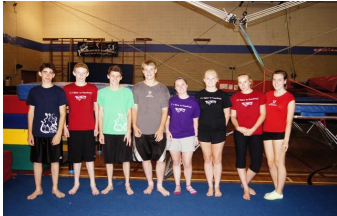


About Spring Action

Spring Action has been offering trampoline classes and trampoline & circus camps in Ottawa for over twenty years. With six Olympic sized trampolines, a foam pit and top-of-the-line circus equipment Spring Action is one of the top acrobatic training centres in North America!

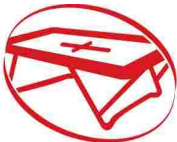
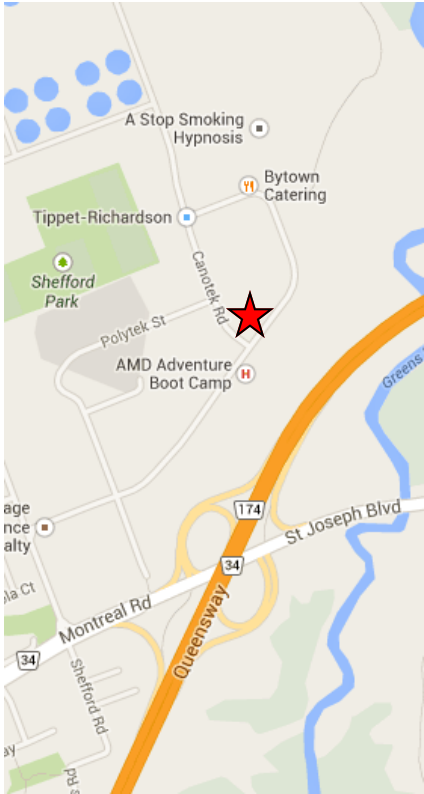
March Break Camp Staff!

Spring Action March Break camps are well supervised and safety oriented. Our instructors have extensive 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

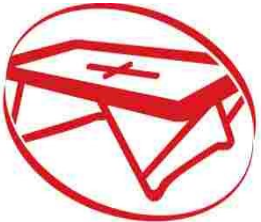
Spring Action offers extra care for its March break camp participants from 8:00am-9:00am and from 4:00pm-5:00pm. During these hours participants are permitted to use any of the juggling equipment, however they are not allowed on any of the apparatus (i.e. trampolines, trapeze, mini-tramp...). The cost 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

5515 Canotek Rd. Unit 2
Ottawa, On
K1J 9K9

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



SPRING ACTION TRAMPOLINE

March Break Camp

New Location
5515
Canotek Rd



For 4 & 5 year olds— 1/2 day camp
For 5-15 year olds—Full day camp



www.springaction.ca

Spring Action March Break Camp!

You don't have to run away to join the circus, come to Spring Action for our awesome, fun, exciting...

TRAMPOLINE & CIRCUS DAY CAMPS!

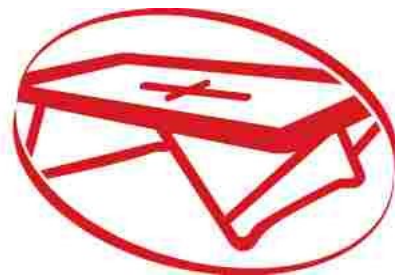
Fun-filled, active days will expose participants to the exciting Olympic sport of trampoline. Participants will enjoy learning various circus activities, participate in games and contests, and have the opportunity to flip and twist into our foam pit!

Activities, emphasizing **Trampoline** will also include: Acrobatics, Juggling, Stilt-walking, Mini-Trampoline, Diabolo, Unicycle, Double-Mini Trampoline, Devil sticks, Trapeze, Aerial Silks Wire-Walking and More!



A Few Reminders....

- Dress in athletic attire
- Long hair should be tied up
- Bring long sleeve and long pants while learning basic landing positions (first few days)
- No jewelry
- 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!**



March Break Camp 2016 March 14th-18th

Price List

Full Days:

5-15 years

- Full Week—9am—4pm— \$220.35
- Single Day—9am-4pm— \$56.50

Half Days:

4-15 years

- Full week—9am-11:30am— \$141.25
- Full week—1:30-4:00pm—\$141.25
- Single Half Day—9am-11:30am — \$28.25
- Single Half Day—1:30pm-4:00pm— \$28.25

Extra Care:

- Extra Care—8-9am and/or 4-5pm— \$5.65 per day

* all prices above include HST

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.