

Spring Action Trampoline
SUMMER SESSION SCHEDULE
 July 4th-August 27th
 8 weeks

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	4:30-5:30 Instructional/ Public Open Jump	4:30-5:30 Instructional/ Public Open Jump	4:30-5:30 Instructional/ Public Open Jump	4:30-5:30 Instructional/ Public Open Jump		10:00-11:00 Instructional	
	5:30-6:30 Instructional/ Public Open Jump	5:30-6:30 Instructional/ Public Open Jump	5:30-6:30 Instructional/ Public Open Jump	5:30-6:30 Instructional/ Public Open Jump		11:00-2:00 Public Open Jump	
	6:30-7:30 Instructional/ Public Open Jump	6:30-7:30 Instructional/ Public Open Jump	6:30-7:30 Instructional/ Public Open Jump	6:30-7:30 Instructional/ Public Open Jump		2:00-4:00 Birthday Party	
		7:30-8:30 Adult	7:30-8:30 Freestyle/ Independent Learning	7:30-8:30 Adult			

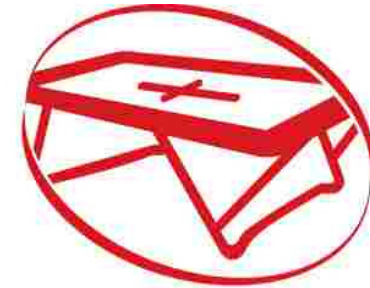


**SPRING ACTION
TRAMPOLINE**

Come see us at our new facility!
 5515 Canotek Rd, Unit 2

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

We are committed to a safe and fun
trampoline experience!



**SPRING ACTION
TRAMPOLINE**

Summer Session 2015

- Instructional Trampoline Classes
- Open Jump Drop-Ins
- Competitive Program

SUMMER SESSION SPECIAL

- ☺ 25% off a 2nd Class
- ☺ 20% off each additional family member

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, a state of the art foam pit and highly certified coaches, Spring Action is one of the top trampoline centers 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, Cirque du Soleil Performer
- 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

SUMMER SESSION SPECIAL

- ☺ 25% off a 2nd Class
- ☺ 20% off each additional family member

INSTRUCTIONAL TRAMPOLINE CLASSES

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, freestyle and aerial skills!

PUBLIC OPEN JUMP

Do your kids love jumping on the bed? Looking for a great indoor activity to do with the family? Or maybe you just want to perfect some of your aerial skills you have learned in our instructional class! Open Jump is the perfect time to come jump with your family and friends to get in some great exercise on top of the line equipment! Certified instructors are always present to help ensure safety and help you with anything you need!

FREESTYLE

Practice your bases, skills and drills for the slopes. This class is for independent learners who are looking to keep up their skills in the summer. Classes are one hour in length with a certified instructor to ensure safety!

BIRTHDAY PARTIES

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!

FOAM PIT

A brand new feature to our facility! Our foam pit is 20 feet long and is a great way to learn new skills or just have fun! Equipped with a trampoline set up next to it to be able to jump into the pit!

Summer 2015—PRICE LIST

July 4th—August 27th

8 Weeks

- **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.
- **Summer Trampoline Session (Recreational)**
 - Weekdays: 8 week session
 - 1 hour per week \$100+ GO Fee (\$30) +HST = \$146.90
 - Twice a week \$175+ GO Fee (\$30) +HST = \$231.65
 - Receive 25% off your second hour!
 - 2 Family Members \$180+ GO Fee (\$60) +HST = \$271.20
 - 20% off each additional family member that signs up!
 - Mondays: 7 week session
 - 1 hour per week \$87.50+ GO Fee (\$30) +HST = \$132.76
 - Twice a week \$152.14+ GO Fee(\$30) +HST = \$205.82
 - Receive 25% off your second hour!
 - 2 Family Members \$157.50+ GO Fee(\$60) +HST = \$245.76
 - 20% off each additional family member that signs up!
- **Freestyle – Independent Learning**
 - Wednesdays
 - 1 hour per week—\$50+ GO Fee +HST = \$90.40
 - 1:12 ratio
- **Instructional Drop-In Class \$20**
 - Looking to try out our instructional classes? Space permitting, we are always happy to welcome new people into our instructional classes! We know as soon as you try it you will be back!
- **Public Open Jump \$10**
 - 1 hour of open trampoline time
- **Private Lessons \$40 +HST = \$45.20**
 - 25 minutes, 1:1 instruction + GO Fee on first visit
- **Special Needs lesson \$40 +HST = \$45.20**
 - 25 minutes, 1:1 instruction + GO fee on first visit