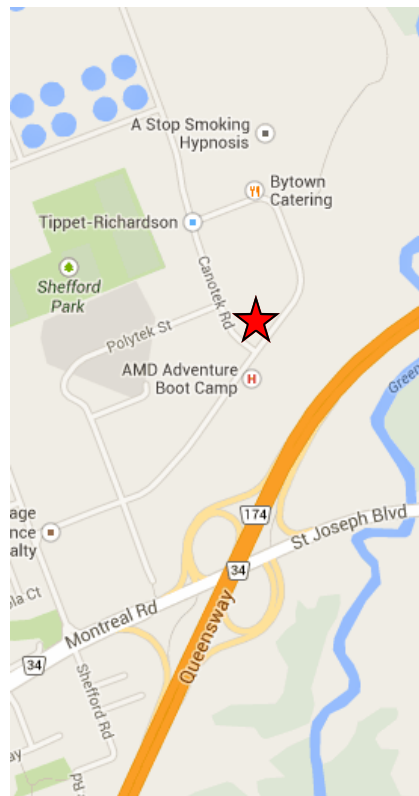


# Spring Action Trampoline WINTER SESSION SCHEDULE

January 5th—March 15th 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30-5:30 Instructional		4:30-5:30 Instructional				9:00-10:00 Instructional
5:00-6:30 Advanced	Competitive 4:00-5:45	5:00-6:00 Instructional	Competitive 4:00-5:45	5:00-6:00 Instructional	10:00-11:00 Instructional	10:00—11:00 Instructional
5:30-6:30 Instructional	Competitive 5:15-7:15	5:30-6:30 Instructional	Competitive 5:15-7:15	Competitive 5:15-7:15	11:00-12:00 Instructional	11:00—12:00 Instructional
6:30-8:00 Freestyle 2	Competitive 6:45-8:45	6:00-7:30 Freestyle 2	Competitive 7:00-8:15	Competitive 6:45-8:45	11:00-12:00 Junior Jumpers	11:00-12:00 Junior Jumpers
6:30-7:30 Instructional	6:30-7:30 Instructional	6:30-7:30 Instructional	Competitive 6:45-8:45		12:00-1:00 Freestyle 1	12:00-1:00 Freestyle 1
7:30-8:30 Instructional	7:30-8:30 Instructional	7:30-8:30 Instructional			12:00-1:00 Instructional	12:00-1:00 Instructional
8:00-9:00 Adult	8:30-9:30 Adult		8:30-9:30 Adult		12:00-4:00 Public Jump	12:00-4:00 Public Jump



**SPRING ACTION  
TRAMPOLINE**

Come see us at our new facility!  
5515 Canotek Rd

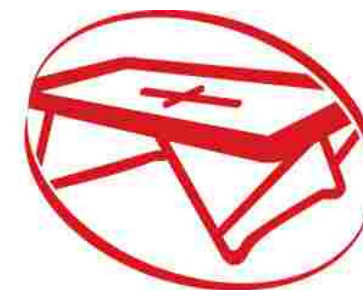
**Contact Us:**

**613-761-9620**

**info@springaction.ca**

**www.springaction.ca**

We are committed to a safe and fun trampoline experience!



**SPRING ACTION  
TRAMPOLINE**

**Winter Session 2015**

- Trampoline Lessons
- Adult classes
- Extreme Sport Training
- Parties / Group Bookings
- Freestyle 1 & 2
- Junior Jumpers
- Competitive Program

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, 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, Junior Jumpers classes introduce 4-6 year olds to the basics of trampoline. Instruction is a very important part of trampoline! With the focus on fun and jumping your child will learn basic trampoline skills properly which will help prevent injury! Classes are an hour long including activities on the floor and the trampoline. Develop coordination and balance that will be an asset in every 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!

## Winter 2015—PRICE LIST January 5th to March 15th 2015

- **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: 10 week session—New Members
    - 1 hour per week \$137+ GO Fee +HST = \$189.28
    - 2 hours per week \$247.50+ GO Fee +HST = \$313.58
    - 2 family members \$261.25+ GO Fee +HST = \$363.01 (prices pro-rated for those who register later in the session)
  - Weekdays: 10 week session—Members
    - 1 hour per week \$137+ +HST = \$155.38
    - 2 hours per week \$247.50+ +HST = \$279.68
    - 2 family members \$261.25+ +HST = \$295.21 (prices pro-rated for those who register later in the session)
- **Freestyle 1—Beginner**
  - Saturdays & Sundays
  - 1 hour per week—\$137+ GO Fee +HST = \$189.28
  - 1:12 ratio
- **Freestyle 2—Advanced**
  - Mondays & Wednesdays :
  - 1.5 hour class \$206.25+GO fee + HST = \$266.96
  - Max of 12 athletes per class
  - Assessment required
- **Junior Jumpers (4-6yrs)**
  - Saturdays and Sundays: 10 week session
  - 1 hour per week—\$137+ GO Fee +HST = \$189.28
  - 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