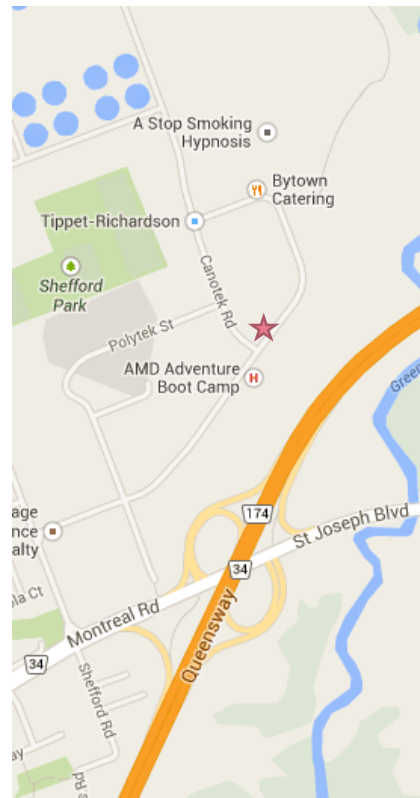


Spring Action Trampoline BIRTHDAY PARTY SCHEDULE

September 9th 2017 – June 24th 2018

Saturday	Sunday
Gym Time: 2:30-3:30 *Party Room: 3:30-4:30	Gym Time: 3:00-4:00 *Party Room: 4:00-5:00
Gym Time: 4:00-5:00 *Party Room: 5:00-6:00	Gym Time: 4:30-5:30 *Party Room: 5:30-6:30

*Please note that the party room is optional.



**SPRING ACTION
TRAMPOLINE**

Check out our 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**

**Birthday Parties
&
Group Bookings**

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:

- Hugo Lalumiere, Gold Medalist 2015 Utah Tour
- 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 & 2001 World 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.

Birthday Parties & 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 the instructors, you get to play, learn and have FUN!

What goes on during the Party?

Everyone at the party will participate in the following activities:

- a quick stretch, warm up and game*
- use of the double-mini trampoline & tight wire
- learning, fun, easy, safe tricks on the trampoline with our instructors
- supervised free time (no flips!) and *games with the instructors on the the trampolines.
- * games and activities are age appropriate.
- * Excludes Teen Party Package

What should I wear?

- Athletic attire such as t-shirts or leotards are suggested
- Be sure to tie long hair back and remove all jewelry
- All participants should wear socks!
- Most of all don't forget your smile!

Is trampoline safe?

- Trampoline as an activity is safe provided the participants willingly follow the rules and guidelines laid out by the certified coaches. At Spring Action Trampoline our staff does everything they can to provide our clients with the lowest possible risk of injury while providing a safe and fun environment.
- With safety as our first priority we do ask that all parents encourage participants to listen to the instructors so that everyone can have the most fun possible!

How do I book my party?

Please e-mail us at info@springaction.ca to see what dates and times we have available to host your party. In order to book your party, we will require a \$75 non-refundable deposit by email transfer as well as a completed booking form.

Birthday Parties & Group Bookings Price List

All our packages include:

- 1 hour in the gym with certified coach(es)
- Electronic invitations
- A coupon for a free 1-hour instructional class for the guest of honour (\$20 value)
- A coupon for \$5 towards any Spring Action program for all your guests.

Kinder Party Package (Ages 4-6)

- \$125 for up to 5-8 participants – 1 instructor
- \$175 for 8-12 participants – 2 instructors
- additional \$50 for party room

Basic Party Package (Ages 6+)

- \$150 for up to 10 participants – 1 instructor
- \$200 for 11-16 participants – 2 instructors
- \$250 for 17-24 participants – 3 instructors

Supreme Party Package (Ages 6+)

Additional Features:

- 1 hour in the party room (parental supervision required)
- You may supply your own food and refreshments in the party room (peanut & nut free please!)

- \$200 for up to 10 participants – 1 instructor
- \$250 for 11-16 participants – 2 instructors
- \$300 + HST for 17-24 participants – 3 instructors

Teen Party Package (Ages 12+)

Additional Features:

- 2 hours of open gym time
- 20 min introduction session with certified coach(es)
- Access to the party room (supervision required)
- You may supply your own food and refreshments in the party room (peanut & nut free please!)

- Minimum of 10 guests or \$150
- Maximum of 20 guests
- \$15 per person