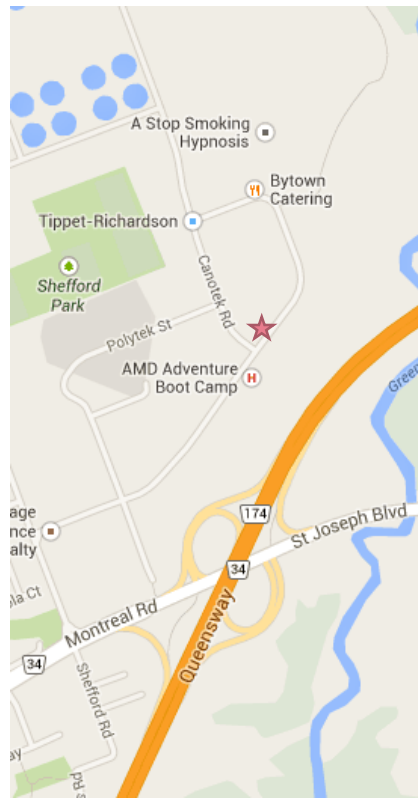


**Spring Action Trampoline**  
**SUMMER SESSION SCHEDULE**  
 July 4<sup>th</sup> – August 26<sup>th</sup>

Day	Time	Activity
Monday	4:30-6:00pm	Instructional Trampoline
	6:00-7:30pm	Trampoline & Urban Gymnastics
Tuesday	4:30-6:00pm	Instructional Trampoline
	6:00-7:30pm	Instructional Trampoline
Wednesday	4:30-6:00pm	Instructional Trampoline
	7:30-9:00pm	Freestyle Independent Learning
Thursday	4:30-6:00pm	Instructional Trampoline
	7:30-9:00pm	Adult 17+



**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**

**Summer Session 2016**

- Trampoline Lessons
- Adult classes
- Public Open Jump Drop-Ins
- Competitive Program

**SUMMER SESSION SPECIAL**

- ☺ 25% off a second 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, 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 \$20
- ☺ 20% off for additional family members!
- ☺ 25% off for additional classes!

## INSTRUCTIONAL TRAMPOLINE

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!

## PUBLIC JUMP

Looking to jump for an hour without the instruction? Spring Action has public open 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!

## TRAMPOLINE & URBAN GYMNASTICS

Have you every wanted to learn to run up walls? Jump and vault over obstacles in your path? Or even learn how to fall safely if you trip over your own feet? You should try parkour! Parkour practitioners use specialized techniques to interact with obstacles in an urban environment using only their bodies. The classes will consist of a mixture of technical parkour & trampoline instruction and challenge-based learning in order to create an environment that is safe, fun and challenging for all!

## FREESTYLE – INDEPENDENT LEARNING

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 1.5 hours in length with a certified instructor to ensure safety!

## 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! Call or e-mail us to schedule a day and time for your event!

## Summer 2016—PRICE LIST

July 4<sup>th</sup> – August 26<sup>th</sup>

- **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

Tuesday-Thursday – 8-week session

- 1.5 hours per week \$165 + GO Fee + HST = \$220.35
- 3 hours per week \$288.75 + GO Fee + HST = \$360.18  
- Receive 25% off your second class!
- 2 family members \$297+ GO Fee + HST = \$403.41  
- Receive 20% off each additional family member!  
(prices pro-rated for those who register later in the session)

Mondays: 7-week session

- 1.5 hours per week \$144.38+ GO + HST = \$197.04
- 3 hours per week \$252.67+ GO + HST = \$319.41  
- Receive 25% off your second class!
- 2 family members \$259.89 + GO + HST = \$361.47  
- Receive 20% off each additional family member!  
(prices pro-rated for those who register later in the session)

### • Freestyle

Wednesday:

- 1.5 hours per week \$165 + GO Fee + HST = \$220.35

### • Trampoline & Urban Gymnastics (Parkour)

Mondays:

- 1.5 hours per week \$144.38+ HST + GO = \$197.04

### • Drop-In Instructional Class

- 1.5 hours \$25
- Family Special 2 for \$40

### • Public Open Jump

- 1.5 hours—no instruction \$15

### • 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