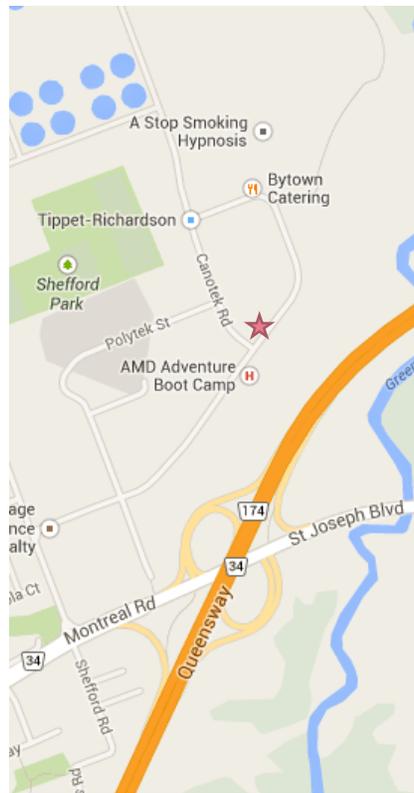


# Spring Action Trampoline WINTER SESSION SCHEDULE

January 7<sup>th</sup> – March 12<sup>th</sup>

For a complete list of our programs please refer to our detailed schedule.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30-5:30 Instructional	5:00-6:00 Instructional	4:30-5:30 Instructional	5:00-6:00 Instructional		9:00-10:00 Junior Jumpers	
5:30-6:30 Instructional	6:00-7:30 Advanced	5:00-6:00 Instructional	6:00-7:30 Advanced	5:00-7:00 Competitive	10:00-11:00 Instructional	10:00-11:00 Instructional
5:00-6:30 Advanced	7:30-8:30 Teen	5:30-6:30 Instructional	7:30-8:30 Teen	7:00-9:00 Open Jump	11:00-12:00 Instructional	11:00-12:00 Instructional
6:30-7:30 Instructional	8:30-9:30 Adult	6:00-7:30 Junior Freestyle	8:30-9:30 Adult		12:00-1:30 ONDC	12:00-1:30 All Ages Freestyle
6:30-8:00 Junior Freestyle		6:30-7:30 Instructional	8:30-10:00 Masters		12:00-1:00 *Bounce Times	12:00-2:00 Open Jump
7:30-9:00 Fortune Freestyle		7:30-9:00 Teen Freestyle	8:30-10:00 Adult Freestyle		1:30-5:00 Birthday Parties	1:30-5:00 Birthday Parties



**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 2017**

- Trampoline Lessons
- Adult & Masters Classes
- Extreme Sport Training
- Parties/Group Bookings
- Freestyle
- Junior Jumpers
- Public Open Jump Drop-Ins
- 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:

- 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.

### Special Offer for Session Members!

- ☺ Drop in to extra classes for only \$15
- ☺ 10% off for additional family members!
- ☺ 20% 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!

### JUNIOR JUMPERS (4-6 years old)

Based on FUN and games, Junior Jumpers classes introduce 4-6 year olds to the basics of trampoline! With the focus on fun and jumping your child will learn basic skills properly and develop coordination and balance that will be an asset in every sport! Classes are an hour long including activities on the floor and the trampoline.

### FREESTYLE

Learn your bases, skills and drills for the slopes. Based on the Canadian Freestyle Association Air 1 & 2 modules these classes pay specific attention to developing air sense and skills for freestyle athletes. Classes are 1.5 hours in length with certified instructors.

### ADULT & MASTERS CLASSES

It's never too late to start jumping! At Spring Action, we offer two kinds of adult programs. Our adult classes are one hour in length and are a fun way to stay active. For more advanced adults we offer a master's program that is 1.5 hours in length and participants will get to partake in an optional in house competition that will be hosted by Spring Action!

### ADVANCED PROGRAMS

We offer a variety of advanced classes including year long programs and session based programs. We know that competitive trampoline is a big commitment and our advanced programs provide a middle ground for athletes who are looking for a challenge!

### 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!

\*Bounce Times: Please note there is no access to the foam pit during these drop-ins.

### 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!

## Winter 2017—PRICE LIST

January 7<sup>th</sup> – March 12<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. *The Gymnastics Ontario fee will be added for new members.*

### Instructional Classes

#### Monday-Thursday: 9-week session

- 1 hours per week - \$131.00+HST=\$147.47 (+GO=\$181.37)
- 2 hours per week - \$234.09+HST=\$265.44 (+GO=\$299.34)
- 2 family members - \$247.95+HST=\$280.18 (+GO=\$347.98)

#### Saturday & Sunday: 10-week Session

- 1 hour per week - \$145.00+HST=\$163.85 (+GO=\$197.75)
- 2 hours per week - \$261.00+HST=\$294.93 (+GO=\$328.83)
- 2 family members - \$275.50+HST=\$311.32 (+GO=\$379.12)

### Junior Jumpers

#### Saturday & Sunday: 10-week session

- 1 hour per week - \$145.00+HST=\$163.85 (+GO=\$197.75)

### Freestyle

#### Monday-Thursday: 9-week session

- 1.5 hours per week - \$191.25+HST=\$216.10 (+GO=\$250.01)

#### Sundays: 10-week session

- 1.5 hours per week - \$212.50+HST=\$240.10 (+GO=\$274.03)

*\*Option to do condensed sessions. Please see our freestyle brochure & schedule for more details.*

### Adult Classes

#### Tuesday & Thursday: 9-week session

- 1 hour per week - \$145.00+HST=\$163.85 (+GO=\$197.75)

#### Masters - Thursday: 9-week session

- 1.5 hours per week - \$191.25+HST=\$216.10 (+GO=\$250.01)

### Advanced

#### Monday-Thursday: 9-week session

- 1.5 hours per week - \$191.25+HST=\$216.10 (+GO=\$250.01)

### Drop-Ins

- |                                |            |
|--------------------------------|------------|
| - 1 hour—Instructional         | \$20       |
| - Family Special Instructional | 2 for \$30 |
| - 1 hour—Public Open Jump      | \$10       |

### Private Lessons & Special Needs 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
- Session rates available for Special Needs Lessons