



# VERTICAL ZONE™

TRAMPOLINE CLUB

## TAKE FLIGHT

### SPRING 2023 RECREATIONAL CLASS SCHEDULE

#### WEEKDAY SCHEDULE

	4-4:50	5-5:50	6-6:50	7-7:50	8 - 8:50	COSTS
<b>MONDAY</b> Apr 17 - June 19 9 classes	FSS 8-10YO (4:25-5:15)				FSS 11+	\$177.75
	COMPETITIVE TEAM TRAINING					
<b>TUESDAY</b> Apr 18 - June 20 10 classes	GN 3/4	TRA 5/6	TRA 5/6	TRA 7/9	TRA 10/12	\$197.50
	GN 5/6	TRA 7/9	TRA 7/9	TRA 10/12	TRA 13/Adult	
<b>WEDNESDAY</b> Apr 19 - June 21 10 classes	*ADV REC 8-10 (4:30-5:50)		TRA 10/12	*ADV REC 11+ (7 - 8:20)		\$197.50
	COMPETITIVE TEAM TRAINING					*\$305.00
	*Coach recommendation required for ADV REC					
<b>THURSDAY</b> Apr 20 - June 22 10 classes	GN 3/4	TRA 7/9		*ADV REC 10-12 (7-8:20)		\$197.50
	GN 5/6	TRA 10/12	COMPETITIVE TEAM TRAINING			*\$305.00
	*Coach recommendation required for ADV REC					
	4:30-5:20	5:30-6:20	6:30-7:20			
<b>FRIDAY</b> Apr 21 - June 23 10 classes	GN 3/4	GN 5/6	GN 10/12			\$197.50
	GN 5/6	GN 7/9	GN 7/9			

#### WEEKEND SCHEDULE

	9-9:50	10-10:50	11-11:50	12-12:50	1-1:50	COSTS
<b>SATURDAY</b> Apr 22 - June 24 10 classes	Parent & Tot	TRA 5/6	TRA 7/9	TRA 10/12	Bookings & PAYG@1:30	\$197.50
	GN 3/4	TRA 7/9	TRA 10/12	TRA 13+		
<b>SUNDAY</b> Apr 23 - June 25 10 classes	CLOSED	SENSORY FRIENDLY	GN 3/4	GN 7/9	PAYG Classes \$24/class	\$197.50
			GN 5/6	GN 10/12		

**LEGEND:**

FSS = Freestyle Ski & Snowboard  
 GN = Go Ninja; features trampoline, parkour, obstacle course training and freestyle movement  
 TRA = Trampoline Gymnastics (Beginner/ Intermediate)  
 ADV REC = Advanced Recreational Trampoline Gymnastics \*coach recommendation required  
 PAYG = Pay-As-You-Go (20% Discount for those registered in 2022/23 Rec or Comp classes)

**NOTES:**

All costs are subject to HST  
 NO CLASSES: Monday May 22  
 Credit will be applied for any classes cancelled due to inclement weather/ facility issues  
 Choice of credit or refund will be applied for government mandated closures (less GO fee)  
 VZ is unable to provide make up classes or credit for classes missed for personal reasons