



**VERTICAL ZONE™**  
TRAMPOLINE CLUB  
**TAKE FLIGHT**

## SPRING 2024 RECREATIONAL CLASS SCHEDULE

### WEEKDAY SCHEDULE

	4-4:50	5-5:50	6-6:50	7-7:50	8 - 8:50	COSTS
<b>MONDAY</b> April 15 - June 24 10 classes	TRA 7/9 (4:25-5:15)		COMP TEAM TRAINING		FSS 11+	\$207.50
	COMPETITIVE TEAM TRAINING			*ADV FSS 11+ (7:30 - 8:50)		*\$320
<b>TUESDAY</b> April 16 - June 18 10 classes	Parent & Tot	TRA 7/9	TRA 10/12	TRA 13-15	TRA 10/12	\$207.50
	Active 3s	TRA 5/6	TRA 7/9	TRA 10/12	TRA 13+	
	Active 4s					
<b>WEDNESDAY</b> April 17 - June 19 10 classes	*ADV REC 8-10 (4:30-5:50)		TRA 7/9	*ADV REC 11+ (7 - 8:20)		\$207.50
	MUSIC & MOVEMENT 10:00-10:50AM (ages 1-4)					*\$320
	COMPETITIVE TEAM TRAINING					
<b>THURSDAY</b> April 18 - June 20 10 classes	Active 3-4s	GN 7/9	FSS 11+	*ADV REC 10-12 (7-8:20)		\$207.50
	GN 5/6	GN 10/12	COMPETITIVE TEAM TRAINING & ELITE			*\$320
<b>FRIDAY</b> April 19 - June 21 10 classes	Active 3-4s	GN 5/6	GN 7/9	FSS 8+		\$207.50
	GN 5/6	GN 7/9	GN 10/12	TRA 10+		

### WEEKEND SCHEDULE

	9-9:50	10-10:50	11-11:50	12-12:50	1-1:50	COSTS
<b>SATURDAY</b> April 20 - June 22 10 classes	Parent & Tot	TRA 5/6	TRA 10/12	GN 7/9	Parties &	\$207.50
	Active 3s	TRA 7/9	GN 5/6	TRA 10+	PAYG at 1:30	
	Active 4s					
<b>SUNDAY</b>	Open for Birthday Parties & Public Pay-As-You-Go					

**LEGEND:**

FSS = Freestyle Ski & Snowboard

GN = Go Ninja

TRA = Trampoline Gymnastics (Beginner/ Intermediate)

ADV REC = Advanced Recreational (Athletes should already to learning proper inversions)

PAYG = Pay-As-You-Go (20% Discount for those registered in 2023/24 Rec or Comp classes)

**NOTES:**

All costs are subject to HST

**NO CLASSES: Monday, May 20th - Victoria Day**

2023/2024 GO Fees are due as of July 1st 2023

Credit will be applied for any classes cancelled due to inclement weather/ facility issues

VZ is unable to provide make up classes or credit for classes missed for personal reasons

Updated January 23

**REGISTRATION OPENS Friday, February 2nd @9am!**