



VERTICAL ZONE™

TRAMPOLINE CLUB

TAKE FLIGHT

LATE FALL 2025 RECREATIONAL CLASS SCHEDULE

WEEKDAY SCHEDULE

	4-4:50 pm	5-5:50 pm	6-6:50 pm	7-7:50 pm	8-8:50 pm	COSTS
MONDAY Nov 3 - Dec 15 7 classes				*ADV FSS 10+ (7:30 - 8:50 pm)		\$192.50 *\$308
	PJ - FSS friendly (3-3:50 pm)		*ADV FSS 10+ (6:10 - 7:30 pm)			
	Competitive Team Training					
TUESDAY Nov 4 - Dec 16 7 classes	Active 3-4s	Active 3s	ADV GN 8+	TRA 13+		\$192.50
	TRA 5-6	Active 4s	TRA 7-9	TRA 10-12		
		TRA 5-6				
WEDNESDAY Nov 5 - Dec 17 7 classes	10:30-11:20 am		12:00 pm - 1:00 pm			*\$308
			Ages 2+ Public Jumping			
	4-4:50 pm	5-5:50 pm	6-6:50 pm	7-7:50 pm	8-8:50 pm	
		*ADV REC 8+ (5:30-6:50 pm)		*ADV REC 11+ (7:00-8:20 pm)		
	Competitive Team Training					
THURSDAY Nov 6 - Dec 18 7 classes	Active 3-4s	GO Ninja 7-9	TRA 7-9	TRA 10-12		\$192.50
	GO Ninja 5-6	GO Ninja 10-12	Competitive Team Training			
	GO Ninja 5-6					
FRIDAY Nov 7 - Dec 19 7 classes	Active 3s	GO Ninja 5-6	GO Ninja 7-9	TRA 10+		\$192.50
	Active 4s	GO Ninja 7-9	ADV GN 8+	PJ - FSS friendly (7-7:50 pm)		
	GO Ninja 5-6					

WEEKEND SCHEDULE

	9-9:50 am	10-10:50 am	11-11:50 am	12-12:50 pm	1-1:50 pm	COSTS
SATURDAY Nov 8 - Dec 20 7 classes	Active 3s	Parent & Tot	GO Ninja 5-6	Parties & Public Jump starting at 12:15		\$192.50
	Active 4s	Active 3-4s	TRA 7-9			
	Active 4s	TRA 5-6				
SUNDAY	Open for Birthday Parties & Public Jumping					

LEGEND:

FSS = Freestyle Ski & Snowboard
 GN = GO Ninja recreational class
 TRA = Trampoline Gymnastics recreational class (Beginner/ Intermediate level)
 ADV REC = Advanced recreational class (Athletes should already be learning proper inversions)
 ADV GN = Advanced GO Ninja recreational class (Athletes should already have basic vaults)
 PJ = Public Jumping

NOTES:

All costs are subject to HST
 2025/2026 GO Fees are for season: July 1st 2025 - June 30th, 2026
 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 Nov 1