



VERTICAL ZONE™
TRAMPOLINE CLUB
TAKE FLIGHT

WINTER 2026 RECREATIONAL CLASS SCHEDULE

WEEKDAY SCHEDULE

MONDAY	4-4:50 pm	5-5:50 pm	6-6:50 pm	7-7:50 pm	8-8:50 pm	COSTS	
			Intro FSS 6:40-7:30	*ADV FSS 10+ (7:30 - 8:50 pm)			
Jan 5 - March 23 10 classes	PJ - FSS friendly (3-3:50 pm)						
Competitive Team Training							
TUESDAY	4:15-5:05 pm	5:15-6:05 pm	6:15-7:05 pm	7:15-8:05 pm		COSTS	
	Parent & Tot	Active 3s	TRA 10-12	TRA 13+			
Jan 6 - March 24 11 classes	Active 3-4s	Active 4s	TRA 7-9	TRA 10-12		\$302.50	
		TRA 5-6					
WEDNESDAY	10:30-11:20 am		12:00 pm - 1:00 pm			COSTS	
			Ages 2+ Public Jumping				
Jan 7 - March 25 11 classes	4-4:50 pm	5-5:50 pm	6-6:50 pm	7-7:50 pm	8-8:50 pm	\$484	
			*ADV REC 8+ (5:30-6:50 pm)				
Competitive Team Training							
THURSDAY	4-4:50 pm	5-5:50 pm	6-6:50 pm	7-7:50 pm	8-8:50 pm	COSTS	
	Active 3-4s	GO Ninja 7-9	TRA 8+	TRA 10-12			
Jan 8 - March 26 11 classes	GO Ninja 5-6	GO Ninja 10-12	Competitive Team Training			\$302.50	
	GO Ninja 5-6						
FRIDAY	4:15-5:05 pm	5:15-6:05 pm	6:15-7:05 pm	7:15-8:05 pm		COSTS	
		GO Ninja 5-6	GO Ninja 7-9	TRA 10+			
Jan 9 - March 27 11 classes		GO Ninja 7-9	ADV GN 8+	PJ - FSS friendly (7:15-8:05 pm)		\$302.50	

WEEKEND SCHEDULE

SATURDAY	9-9:50 am	10-10:50 am	11-11:50 am	12-12:50 pm	1-1:50 pm	COSTS
	Active 3s	Parent & Tot	GO Ninja 5-6	Parties & Public Jump starting at 12:15		
Jan 10 - March 28 11 classes	Active 4s	Active 3-4s	TRA 7-9	\$302.50		
	TRA 5-6	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
NO CLASSES: Monday, February 16th - FAMILY DAY
NO CLASSES: Monday, March 16th - Saturday, March 21st - MARCH BREAK
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 Jan 2

REGISTRATION OPENS WEDNESDAY, NOVEMBER 19TH @ 10 AM!