



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

## SPRING 2026 RECREATIONAL CLASS SCHEDULE

<b>MONDAY</b>  March 30 - June 22 <b>12 classes</b>	4-4:50 pm	5-5:50 pm	6-6:50 pm	7-7:50 pm	8-8:50 pm	<b>COSTS</b>
			Intro FSS 6:40-7:30	*ADV FSS 10+ (7:30 - 8:50 pm)		<b>\$302.50</b>
	Public Jumping - all ages (3-3:50 pm)					<b>*\$484</b>
	Competitive Team Training					
<b>TUESDAY</b>  March 31 - June 16 <b>12 classes</b>	4:00-4:50 pm	5:00-5:50 pm	6:00-6:50 pm	7:00-7:50 pm		<b>COSTS</b>
		Active 3s	TRA 10-12	TRA 13+		<b>\$330.00</b>
		Active 4s	TRA 7-9	TRA 10-12		
		TRA 5-6				
<b>WEDNESDAY</b>  April 1 - June 17 <b>12 classes</b>	11:30 am - 12:20 pm		12:30 pm - 1:30 pm			<b>COSTS</b>
			Public Jumping - all ages			<b>*\$528</b>
	4-4:50 pm	5-5:50 pm	6-6:50 pm	7-7:50 pm		
		*ADV REC 8+ (5:30-6:50 pm)				
	Competitive Team Training					
<b>THURSDAY</b>  April 2 - June 18 <b>12 classes</b>	4-4:50 pm	5-5:50 pm	6-6:50 pm	7-7:50 pm		<b>COSTS</b>
	Active 3-4s	GO Ninja 7-9	TRA 8+	TRA 10-12		<b>\$330.00</b>
	GO Ninja 5-6	GO Ninja 10-12	Competitive Team Training			
	GO Ninja 5-6					
<b>FRIDAY</b>  April 10 - June 19 <b>11 classes</b>	4:00-4:50 pm	5:00-5:50 pm	6:00-6:50 pm	7:00-7:50 pm		<b>COSTS</b>
		GO Ninja 5-6	TRA/GO NINJA 8+	TRA 10+		<b>\$302.50</b>
		GO Ninja 7-9	ADV GN 8+	Public Jump - all ages (7:00-7:50 pm)		
<b>SATURDAY</b>  April 4 - June 20 <b>12 classes</b>	9-9:50 am	10-10:50 am	11-11:50 am	Afternoon		<b>COSTS</b>
	Active 3s	Parent & Tot	GO Ninja 5-6	Birthday Parties & Public Jump		<b>\$330.00</b>
	Active 4s	Active 3-4s	TRA 7-9			
	TRA 5-6	TRA 5-6				
<b>SUNDAY</b>	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: Friday, April 3rd - GOOD FRIDAY  
NO CLASSES: Monday, May 18th - VICTORIA DAY  
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 Feb 13

**REGISTRATION OPENS FRIDAY, FEBRUARY 13TH @ 12 PM!**