



VERTICAL ZONE™
TRAMPOLINE CLUB
TAKE FLIGHT

SPRING 2026 RECREATIONAL CLASS 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)			
March 30 - June 22 12 classes	Public Jumping - all ages (3-3:50 pm)						
Competitive Team Training							
TUESDAY	4:00-4:50 pm	5:00-5:50 pm	6:00-6:50 pm	7:00-7:50 pm		COSTS \$330.00	
		Active 3s	TRA 10-12	TRA 13+			
		Active 4s	TRA 7-9	TRA 10-12			
March 31 - June 16 12 classes		TRA 5-6					
WEDNESDAY	11:30 am - 12:20 pm		12:30 pm - 1:30 pm			COSTS *\$528	
			Public Jumping - all ages				
	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						
THURSDAY	4-4:50 pm	5-5:50 pm	6-6:50 pm	7-7:50 pm		COSTS \$330.00	
	Active 3-4s	GO Ninja 7-9	TRA 8+	TRA 10-12			
	GO Ninja 5-6	GO Ninja 10-12	Competitive Team Training				
	GO Ninja 5-6						
FRIDAY	4:00-4:50 pm	5:00-5:50 pm	6:00-6:50 pm	7:00-7:50 pm		COSTS \$302.50	
		GO Ninja 5-6	TRA/GO NINJA 8+	TRA 10+			
		GO Ninja 7-9	ADV GN 8+	Public Jump - all ages (7:00-7:50 pm)			
April 10 - June 19 11 classes							
SATURDAY	9-9:50 am	10-10:50 am	11-11:50 am	Afternoon		COSTS \$330.00	
	Active 3s	Parent & Tot	GO Ninja 5-6				
	Active 4s	Active 3-4s	TRA 7-9	Birthday Parties & Public Jump			
	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: 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!