



VERTICAL ZONE™
TRAMPOLINE CLUB
TAKE FLIGHT

SUMMER 2026 RECREATIONAL CLASS SCHEDULE

WEEKDAY SCHEDULE

	4-4:50	5-5:50	6-6:50	7-7:50	8 - 8:50	COSTS
MONDAY		Active 3s	INTRO FSS 8+	*ADV FSS 10+ (7:00 - 8:20)		\$220.00
July 6 - Aug 31		Active 4s	COMPETITIVE TEAM TRAINING			*\$352
8 classes		TRA 5/6				
	4-4:50	5:15-6:05	6:15-7:05	7:15-8:05		COSTS
TUESDAY		Parent & Tot	GN 5/6	GN 10/12		\$247.50
July 7 - Sept 1		Active 3-4s	GN 7/9	TRA 13+		
9 classes		TRA 5/6				
	4-4:50	5-5:50	6-6:50	7-7:50	8-8:50	COSTS
WEDNESDAY		TRA 7/9	*ADV FSS 10+ (6:00-7:20)	TRA 10+ (7:30-8:20)		\$247.50
July 8 - Sept 2			*ADV REC 10+ (6:00-7:20)	ADV NINJA 8+ (7:30-8:20)		*\$396
9 classes		COMPETITIVE TEAM TRAINING				
THURSDAY						
FRIDAY						

WEEKEND SCHEDULE

	9-9:50	10-10:50	11-11:50	12-12:50	1-1:50	COSTS
SATURDAY	Open for Birthday Parties & Public Jumping on select weekends					
SUNDAY	Open for Birthday Parties & Public Jumping on select weekends					

LEGEND:

FSS = Freestyle Ski & Snowboard
 GN = Go Ninja
 TRA = Trampoline Gymnastics (Beginner/ Intermediate)
 ADV REC = Advanced Recreational (Athletes should already to learning proper inversions)
 ADV NINJA = Advanced GO Ninja recreational class (Athletes should already have basic vaults)
 ADV FSS = Advanced Freestyle Ski & Snowboard (Athletes should already have basic inversions)

NOTES:

All costs are subject to HST
NO CLASSES: Monday, August 3rd
 2026/2027 GO Fees are due as of July 1st 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
 Contact us for Birthday Party or Group Booking inquiries

Updated May 1st

REGISTRATION OPENS Friday, May 1ST @10am!