



Trampoline & Tumbling & Parkour

Fall 2019 Schedule

6+ years

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Class	Time	Class	Time	Class	Time	Class	Time	Class	Time
Tramp & Tumbling Flips	3:00-4:00							Tramp & Tumbling Basics	2:30-3:30
Tramp & Tumbling Basics	4:00-5:00							Junior Parkour	3:15-4:00
Tramp & Tumbling Flips	5:00-6:00							Tramp & Tumbling Flips	3:30-4:30
Tramp & Tumbling Basics	6:00-7:00					Tramp & Tumbling Flips	3:30-4:30	Kids Parkour	4:00-5:00
				Tumbling Intermediate	5:00-6:00	Junior Parkour	4:45-5:30	Youth Parkour Adv	4:30-5:30
						Kids Parkour	5:30-6:30	Tramp & Tumbling Salto's	4:30-5:30
						Youth Parkour	6:30-7:30	Youth Parkour	5:00-6:00
						Teen Parkour	7:30-8:30	Kids parkour Adv	5:30-6:30
				Tumbling Advanced	6:30-8:30			Tramp & Tumbling Basics	5:30-6:30
				Tramp & Tumbling Flips	7:00-8:00			Trampoline Adv. (tryout only)	5:00-6:00

Classes Run Sept 16th – Dec 16th

13 week duration

No Classes October 14th and November 11th

Prices do not include 5% taxes or yearly insurance fees, unfortunately insurance fees have been raised from Gymnastics BC due to trampoline laws and are now 38.50 for recreational athletes.

Class	1 classes/week	2 classes /week	
Tumbling Intermediate	\$200		
Tramp/Tumbling Advanced	\$260		
Tramp & Tumbling Basics	\$200	\$300	
Tramp & Tumbling Flips	\$200	\$300	
Tramp & Tumbling Salto's	\$200		
Junior Parkour	\$190		
Kids, Youth, Teen Parkour	\$220	\$320	