



TRAMPOLINE AND NINJA GYMNASTICS CLASSES

ages 8 years and up

**12 WEEK
TERM!**

CLASSES BEGIN JANUARY 4

kingswoodpark.ca | gymnastics@kingswoodpark.ca | 506 444 9502

Ask about our payment plan options for term fees. Prices include a non-refundable \$50 deposit. Prices do not include taxes or NBGA registration & insurance fees. Prices are for the full 12 week term.

WINTER 2025

INTRO TRAMPOLINE | 8YRS+ \$384

Our Introductory Trampoline class will teach your child the basics and fundamentals of trampolining in a safe and controlled environment by qualified coaches, starting with shape-jumps and progressing to forward saltos (flips) on trampoline. Instruction by coaches will focus on safety and proper technique.

60 MIN CLASS / ONCE PER WEEK

MONDAY | 7:00 - 8:00pm

WEDNESDAY | 7:15 - 8:15pm

SATURDAY

11:30 - 12:30pm | 2:30 - 3:30pm

NINJA GYM | 8YRS+ \$384

Our Ninja Gymnastics class will incorporate elements of Gymnastics, Martial Arts, Obstacle Course Training, and Freestyle Movement to improve overall body coordination, spatial awareness, strength, and ability. Instruction will take place on traditional gymnastics equipment, trampolines and other springing devices, our in-house bouldering wall, and specialized Ninja Gymnastics equipment and obstacles.

60 MIN CLASS / ONCE PER WEEK

SUNDAY

2:00 - 3:00pm

WEDNESDAY

6:15 - 7:15pm

SATURDAY

10:30 - 11:30am | 1:30 - 2:30pm