

About Us

OAA offers unique fitness programs designed to develop one's physical, technical and psychological abilities through the expression of movement.



We are committed to providing our members with a safe, fun and progressive learning environment to reach each individual's full athletic potential.

Contact Us

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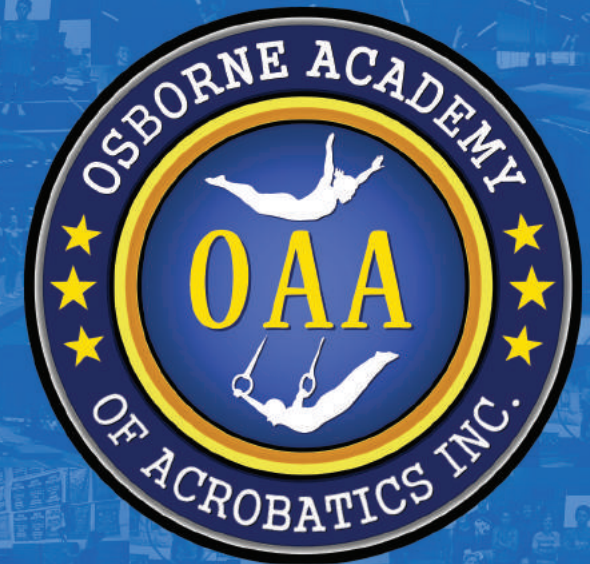
Come Join The Fun!



Proud Member Of:



2017 Fall Session Class Schedule



A Lifetime of Activity
Through the Expression
of Movement

CLASS SCHEDULE (Sept 9 – Dec 22, 2017)

(All Prices Are Subject To HST)

Trampoline Gymnastics



Junior (6 – 8) \$187.50

Sunday 1:00 pm – 2:00 pm

Youth (9 – 12) \$241.88

Sunday 11:30 am – 1:00 pm

Tuesday 6:00 pm - 7:30 pm

Saturday 10:00 am - 11:30 am

Teen (13 – 17) \$277.50

Saturday 11:30 am – 1:30 pm

Adult (18+) \$277.50

Tuesday 7:30 pm – 9:30 pm

Friday 7:30 pm - 9:30 pm

Aerials

Youth (9 – 12) \$241.88

Sunday 1:00 pm – 2:30 pm

Monday 4:30 pm - 6:00 pm

Teen / Adult (13+) \$241.88

Sunday 2:30 – 4:00 pm

Monday 6:00 pm - 7:30 pm

**Annual Registration
Fee of \$28.32**

(Valid July 1, 2017 to
June 30, 2018)



What does a typical class include?

All classes begin with a quick warm-up and active stretch, but the body of the program depends on the specific class.

Junior classes will rotate through circuits with great variety between training sessions, incorporating a lot of training aids to build a strong gymnastics foundation. Youth and Teen programs will rotate through objectives on the trampoline, double-mini trampoline, and tumble track, with athletes working toward achieving measurable objectives in a customized level-system. Adult programs are similar to the Youth and Teen classes, but with more emphasis on trampoline.

Aerial classes focus specifically on progressing through maneuvers and combinations with aerial silks, silk hammocks, static trapeze, lyra (hoop), and straps. All classes close with a cool-down which consists of five to ten minutes of physical conditioning followed by passive flexibility.



What do we wear?

Comfortable athletic clothing such as T-shirts & shorts or leotards are suggested.

No jeans, belts, clothing with buttons, buckles, or zippers should be worn as they may damage the trampolines and/or cause injury to the participant.

All jewellery must be removed and long hair must be tied back prior to class.

Do not bring food or gum into the gym. Reusable water bottles are permitted.

Valuable items should not be brought into the gym. OAA will not be responsible for lost or stolen items.

