

BOUNCE INC

SCHOOL SESSIONS



WELCOME TO BOUNCE

BOUNCE is a place that creates and celebrates joy, fun and self-powered adrenaline. We are part of a global freestyle movement inspiring self-expression and human connection in physical activity.

The BOUNCE set up develops athletic movement fundamentals in a way that opens up the exciting world of adventure sport. It also provides a developmental base for any other sporting movement.

Each BOUNCE trampoline centre is an Adrenaline Playground comprising around 2,000 square meters of interconnected trampolines, adventure challenge features, padding and airbags. It's the perfect playground for a group of any skill level to get a taste of the exciting world of Freestyle.

Across different ages and skill levels BOUNCE has become a loved destination for families, schools and young people who come to BOUNCE to learn new skills, awaken confidence and just let go.



The world is facing some big challenges from physical inactivity and social disconnection. We have seen the positive power of our staff, our venues and our brand to inspire young people to move their bodies, express themselves and connect with each other in ways that can have a transformational impact on their lives.

- Ant Morell, Co-Founder



BOUNCE INC
FREE SPIRITS UNLEASHED

SCHOOL GROUPS AT BOUNCE.

Each year we host thousands of school groups at BOUNCE venues in 16 countries across the world. Regardless of age or skill-level, our hosts will ensure that every student has a fun and inclusive experience.

We have a selection of packages and the flexibility to tailor to any specific need and objective.

BOUNCE School Sessions have been developed to provide physical, social and emotional benefits to primary and secondary aged children of any skill level. We aim to help children make a connection between fun and physical activity. The experience also encourages a positive mindset towards developing ongoing physical activity habits.

The BOUNCE environment also helps children develop friendships and social skills while keeping healthy and active.

The group sessions we have designed for schools explore the athletic fundamentals of balance, coordination and agility through our exciting lens of freestyle.



Bounce offers students an opportunity to experience feelings of exhilaration, freedom, challenge, adventure and accomplishment in a unique educational setting.

- Jeff Emmel
ACHPER National Resources Development
& Former National Executive Director



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IS PART OF THE GLOBAL
FREESTYLE MOVEMENT



WELCOME
TO THE TRIBE

Across different countries, cultures, ages and skill levels we are growing our inclusive Freestyle Tribe.

THE BOUNCE EXPERIENCE

BOUNCE is a place to develop and harness balance, coordination and agility through a unique blend of fun, freestyle, progression and development.

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|---|--|---|---|
|  <p>FUN</p> <p>A sense of joy & happiness in participation.</p> |  <p>FREESTYLE</p> <p>Bringing self-expression & creativity to physical movement.</p> |  <p>PROGRESSION</p> <p>Continuous improvement & the journey towards mastery.</p> |  <p>DEVELOPMENT</p> <p>Holistic advancement, including life learning benefits such as confidence & self-esteem.</p> |
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BOUNCE
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PHYSICAL, SOCIAL & EMOTIONAL BENEFITS.



Pre-School



Primary School



Secondary School

| WHAT DOES FREESTYLE MEAN? | Fun in physical exercise | Self-expression in free-form movement | Creative expression in adventure-challenge |
|-------------------------------|--|---|---|
| DEVELOPMENTAL BENEFITS | | | |
| PHYSICAL | <ul style="list-style-type: none"> • Develops balance, coordination & agility • Builds gross motor & fine motor skills | <ul style="list-style-type: none"> • Develops strength & improves balance, coordination & agility • Refines gross motor & fine motor skills | <ul style="list-style-type: none"> • Develops advanced coordination & spatial awareness • Builds movement skills that are useful in any sporting activity |
| EMOTIONAL | <ul style="list-style-type: none"> • Stimulates imagination & builds confidence • Creates a link between physical activity & fun | <ul style="list-style-type: none"> • Builds confidence & self esteem • Creates a link between physical activity & fun | <ul style="list-style-type: none"> • Builds confidence & self-awareness • Encourages a sense of freedom |
| SOCIAL | <ul style="list-style-type: none"> • Helps form friendships • Builds social tolerance and resilience | <ul style="list-style-type: none"> • Fosters social inclusion & embracing diversity • Develops teamwork skills | <ul style="list-style-type: none"> • Encourages teamwork • Helps develop self-confidence in a group environment |



EVERY SESSION HAS A DEDICATED HOST

Our hosts help kids learn how to navigate physical and mental challenges in a safe, supportive and developmental environment. Your hosts will ensure your session runs smoothly and everyone has a great experience.



FRIENDLY » ENCOURAGING » INSPIRING

BOUNCE Hosts are selected and trained around our philosophy of inspiring movement, self-expression & human connection.

7 HEALTH BENEFITS OF REBOUND EXERCISE.

1 / CARDIOVASCULAR FITNESS

According to NASA "10 minutes bouncing on a trampoline is a better cardio workout than 30 minutes of running". Bouncing on a trampoline also stimulates the flow in a way that helps rid the body of toxins and waste.

2 / COORDINATION & AGILITY

Bouncing on a trampoline increases awareness of your body and a sense of balance and coordination. You learn to control the coordination of the arms and legs while bouncing and to adjust the position of your body accordingly.

3 / LOW IMPACT EXERCISE

Trampolining provides an optimal workout for muscles and bones, as the trampoline mat absorbs 80 per cent of the shock from the rebound.

This provides the body with an all-round workout while reducing the risk of injury to joints, especially in ankles and knees.

4 / MUSCLE TONING

Trampoline based activity helps improve whole-body strength. Muscle tone and suppleness is improved, and body fat percentage is reduced by trampolining as core muscles are almost constantly engaged to maintain stability and balance.

5 / IMPROVED HEALTH

Bouncing on a trampoline regularly can help increase the body's ability to burn calories more efficiently. As a result of the increased G-force felt when exercising on a trampoline, cells become stronger and this sort of exercise helps boost the activity of immune cells keeping the body's natural defences high.

6 / TRAINING & INSTRUCTION

Placing the musculoskeletal system under repeated slight stress while jumping allows bones to become stronger to cope with the pressure of rebound. Bone mineral condition is also improved at the same time.

7 / STRESS RELIEF

Trampolining can help combat anxiety and stress by increasing the amount of endorphins released by the brain. Exercising on a trampoline increases the circulation of oxygen around the body, increasing alertness and improving mental performance.



Rebound exercise is the most efficient and effective form of exercise devised by man.

- NASA



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CHOOSE FROM 1 OF 3 SESSION TYPES.

OUR GROUP SESSIONS ARE BUILT AROUND 1 OF OUR 3 CORE THEMES:

THEME 1 FUN & TEAM BUILDING



SESSIONS ARE ALL ABOUT INCLUSION & PARTICIPATION

Spend some time bonding with your school friends exploring **BOUNCE!**

This light-hearted hosted experience focuses on letting loose, big laughs together and some memorable moments of fun with your team-mates.

Good, clean fun!

THEME 2 HEALTHY COMPETITION



DIAL THINGS UP TO ENCOURAGE COMPETITION AND HEALTHY TEAM RIVALRY

Embrace Healthy Competition that encourages a bit of friendly rivalry between teams as they work their way around the venue competing in each area.

Our hosts will foster team communication and break down those awkward barriers with a fun, competitive edge.

Friendly rivalry!

THEME 3 BASIC SKILLS DEVELOPMENT



HAVE YOUR OWN HOST ON HAND TO GIVE YOU ALL THE TIPS & TRICKS REQUIRED TO GET YOU ON YOUR WAY TO LEARNING SOME COOL MOVES

From bum-drops to wall-running, build some confidence and have fun with a fundamental skill development session, catered to your team's skill level.

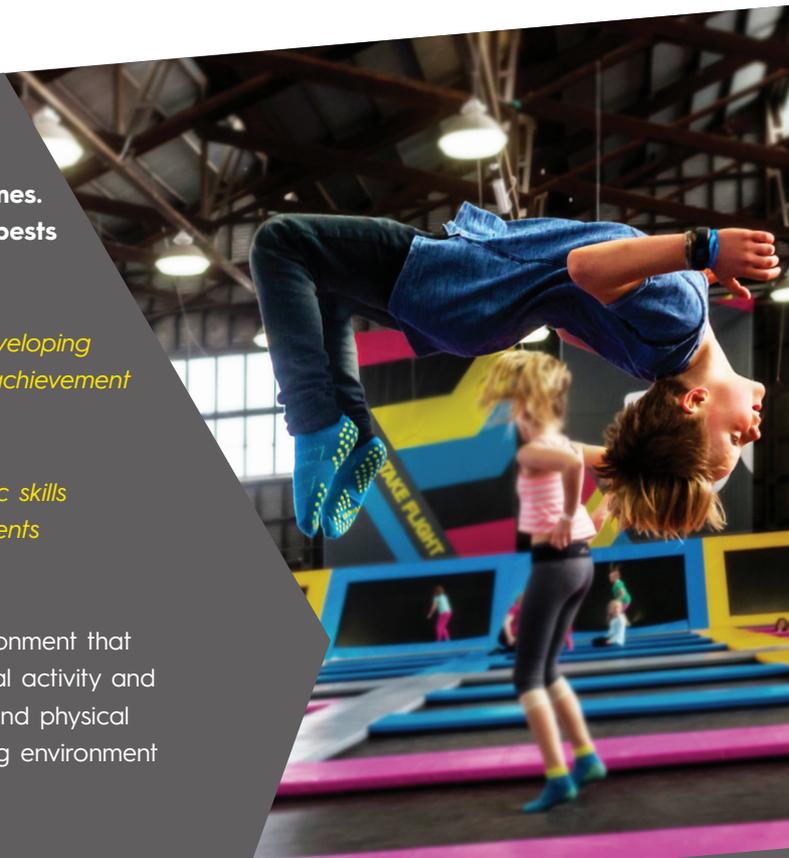
Take it Next Level!

Each session is built around one of our three core themes. We will shape your experience around the theme that best suits your group's objectives.

*Sessions for **PRIMARY AGE** groups focus on fun and developing self-confidence, which flows naturally from the sense of achievement and socialization that is big part of BOUNCE.*

*For **SECONDARY AGE** groups, sessions can include basic skills development that fuel progression as we introduce elements of freestyle.*

Most importantly the students will be immersed in an environment that helps foster a positive connection between fun and physical activity and wellbeing. The sessions are a great support to the health and physical education curriculum and delivered in an engaging learning environment that the kids love.



PACKAGES TO SUIT YOUR NEEDS.

SCHOOL PACKAGES INCLUDE:

\$12.50

per student for a **1.5 hour** experience

\$20.00

per student for a **2.5 hour** experience

PACKAGES INCLUDE:

- 1 hour or 2 hours of jumping
- Customisable activities
- Dedicated BOUNCE Host
- Range of Freestyle activities including X-Park, Dodgeball, Free-Jumping and more

- Function room hire (Subject to availability)
- Awards Ceremony
- BOUNCE Grip Socks

» ** School pricing is available Monday to Friday, excluding school and public holiday. Minimum of 20 required.*

BOUNCE

VENUE HIRE

THE WHOLE PLACE TO YOURSELF.

Alternatively, transform the whole BOUNCE venue into your own exclusive event space with full venue hire.

Make your event truly awesome with private access to the whole of our Freestyle Playground!



FOOD OPTIONS MADE EASY.

Every BOUNCE Venue has an onsite Tuckshop where students can purchase cold drinks, healthy snacks and treats.

**LOOKING FOR SOMETHING MORE?
ASK US ABOUT OUR CATERING OPTIONS.**

SAFETY FIRST.

OUR SAFETY POLICY.

BOUNCE has a tightly managed and monitored safety system, developed around international industry best practice. Safety is our number 1 priority.

When planning your event, we are here to ensure that your attendees have a fulfilling and safe experience.

» For more information on our safety management system, see bounceinc.com.au/our-safety-policy

JUMP SAFE

The general safety rules and guidelines for each area are displayed throughout BOUNCE. Our rules and safety guidelines have been developed in conjunction with recognised safety experts with the specific intention to meet or exceed world's best practice.

One of our primary safety principles is ensuring jumpers do not attempt any activity beyond their skill level. BOUNCE Hosts are available to assist all customers with tips and tricks on how they can safely progress in trampolining.

GRIP SOCKS & SHOES

Our BOUNCE teambuilding events are inclusive of BOUNCE grip-socks. These compulsory grip-socks are designed to help maximise grip, safety and general hygiene. In adventure-challenge areas (e.g. X-Park) participants are recommended to wear closed-toe, flat-soled shoes with tight laces.

STAFF TRAINING & SUPERVISION

All activity areas are monitored by trained staff. Our team members complete thorough training in the fundamentals of safe conduct and risk minimisation, as well as CPR and First Aid.



HOW TO BOOK

For more info and to book a BOUNCE School Session, call a member of our team:



1300 000 540



schools@bounceinc.com.au

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