



**BOUNCE**<sup>INC</sup>

# 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.

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

Our Purpose is to 'Inspire movement, self expression & human connection'.

BOUNCE is an active playground comprising around 2000 square metres of interconnected trampolines, adventure challenge features, padding and airbags. It is the perfect facility for groups of all abilities 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 and unlock their confidence and just be free. A true sensory wonderland!



**BOUNCE**<sup>INC</sup>  
**FREE SPIRITS UNLEASHED**

## 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.

## DIVERSE AND SENSORY NEEDS TRAINING

Our hosts have completed external training in diverse and sensory needs adaptation and learning. We deliver the same great experience to all young people of all abilities in our venues. We have a number of tools and sensory materials to make it easier for our team and the group facilitator to be able to communicate effectively with children of all abilities.



FRIENDLY » ENCOURAGING » INSPIRING

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

“

It has been fantastic to have BOUNCE reach out to Giant Steps to improve their offering for young people with diverse needs, if only more businesses could share this passion for inclusion. Bounce staff have been receptive and positive about the training. They were able to share age-appropriate activities with the students of Giant Steps which was phenomenal. Staff were able to apply skills and strategies they learnt in the online training to to actively engage with the students when they were onsite, providing a positive experience for all involved

- Sam Kershler  
GIANT STEPS Head of Learning

”



BOUNCE staff look after everyone who comes through the door and the safety of students and staff is top priority. BOUNCE has a safety accreditation with the ATPA (Australian Trampoline Parks Association). ATPA exists to drive safety and compliance in the industry. BOUNCE is a founding and accredited ATPA member.



# BOUNCE

FREE SPIRITS UNLEASHED

# SCHOOL GROUPS AT BOUNCE.

Each year we host thousands of school groups at BOUNCE venues in 10 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



**BOUNCE**  
FREE SPIRITS UNLEASHED

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

## 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.

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

**BOUNCE**  
FREE SPIRITS UNLEASHED

# LINK TO AUSTRALIAN CURRICULUM.

BOUNCE School Sessions link directly to the Movement and Physical activity strand of the Australian curriculum. Through movement experiences, students develop important personal and social skills such as self-awareness, self-management, persistence with challenges and striving for enhanced performance.



Foundation



Years 1- 6



Years 7-12

## MOVING OUR BODY

- |   |   |   |   |
|---|---|---|---|
| <ul style="list-style-type: none"> <li>Refining Movement skills</li> <li>Developing movement concepts and strategies</li> </ul> | <ul style="list-style-type: none"> <li>Practice fundamental movement skills and movement sequences using different body parts</li> <li>Develops balance, co-ordination &amp; agility</li> <li>Builds gross motor and fine motor skills</li> </ul> | <ul style="list-style-type: none"> <li>Practice and refine fundamental movement skills in a variety of movement sequences and situations</li> <li>Create and participate in games such as Dodgeball</li> <li>Develops strength, improves balance, co-ordination &amp; agility</li> <li>Refines gross motor &amp; fine motor skills</li> </ul> | <ul style="list-style-type: none"> <li>Develops advanced coordination &amp; special awareness</li> <li>Builds movement skills that are useful in any sporting activity</li> </ul> |
|---|---|---|---|

## UNDERSTANDING MOVEMENT

- |   |  |  |   |
|---|--|--|---|
| <ul style="list-style-type: none"> <li>Fitness and physical activity</li> <li>Elements of movement</li> </ul> | <ul style="list-style-type: none"> <li>Assists with exploration of how regular physical activity keeps individuals healthy and well</li> </ul> | <ul style="list-style-type: none"> <li>Incorporates elements of effort, space, time, objects and people in performing simple movement sequences</li> </ul> | <ul style="list-style-type: none"> <li>Understanding the impact regular participation can have on health and wellbeing</li> </ul> |
|---|--|--|---|

## LEARNING THROUGH MOVEMENT

- |   |   |  |   |
|---|---|--|---|
| <ul style="list-style-type: none"> <li>Teamwork and Leadership</li> <li>Critical and creative thinking in movement</li> </ul> | <ul style="list-style-type: none"> <li>Follow rules when participating in physical activities (on tramps &amp; within games)</li> <li>Co-operate with others when participating in physical activities</li> <li>Stimulates imagination &amp; builds confidence</li> <li>Builds social tolerance and resilience</li> </ul> | <ul style="list-style-type: none"> <li>Develops teamwork skills to use strategies to work in group situations when participating in physical activities</li> <li>Identify rules and fair play when participating in physical activities</li> <li>Fosters social inclusion &amp; embracing diversity</li> </ul> | <ul style="list-style-type: none"> <li>Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities</li> <li>Helps develop self confidence in a group environment</li> </ul> |
|---|---|--|---|

# 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

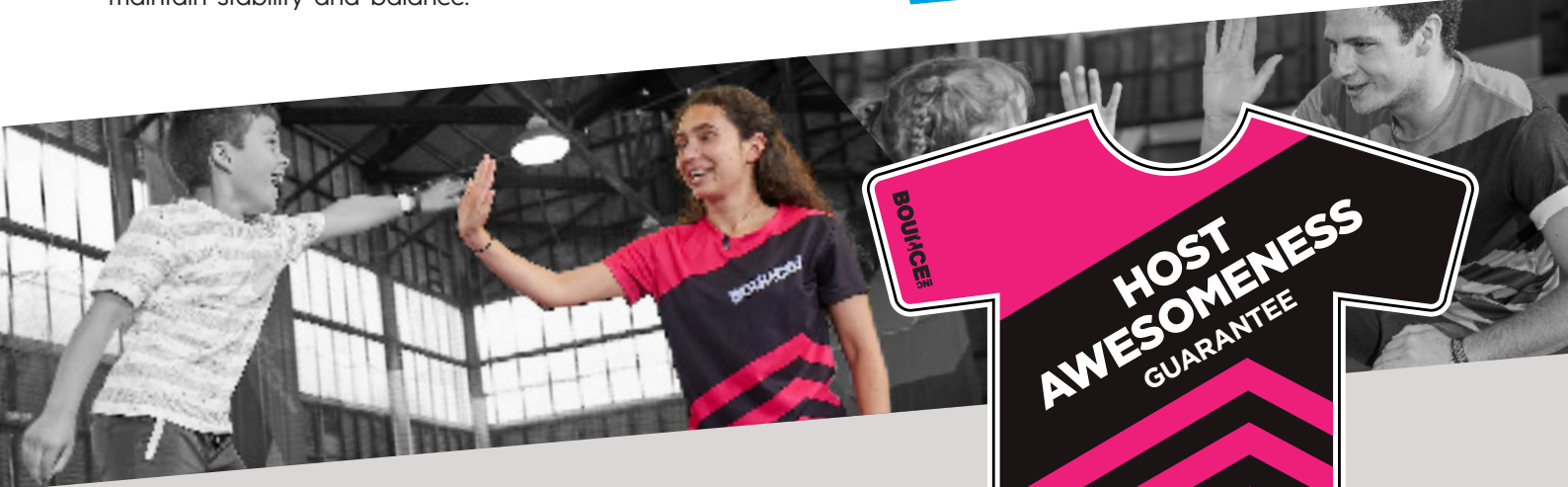
Placing the musculoskeletal system under repeated slight stress while jumping allows bones to become stronger to cope with the pressure of rebound. Bone mineral condition is also improved at the same time.

## 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



## 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.



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

# 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.

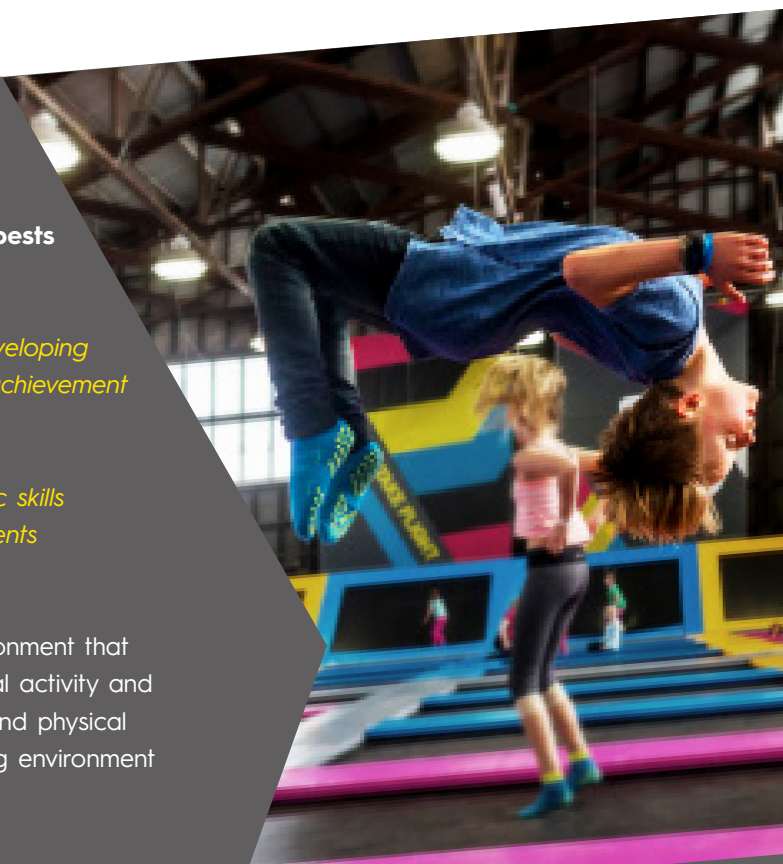
**Friendly rivalry!**

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 young people love.



# PACKAGES TO SUIT YOUR NEEDS.

## SCHOOL PACKAGES INCLUDE:

**\$14.50**

per student  
for a **1.5 hour**  
experience

**\$22.00**

per student  
for a **2.5 hour**  
experience

### PACKAGES INCLUDE:

- 1 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 holidays. Minimum of 20 people 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](https://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](mailto:schools@bounceinc.com.au)

**BOUNCE**<sup>INC</sup>  
FREE SPIRITS UNLEASHED