



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

# PRESCHOOL 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 venue houses an exclusive Mini BOUNCE Zone which is a three story soft play area filled with slides, a ball pit, interactive game screen, padded obstacles and most importantly trampolines! Its the perfect playground for smaller jumpers 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 ONLY SAFETY CERTIFIED TRAMPOLINE PARK IN NEW ZEALAND

*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.*



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FREE SPIRITS UNLEASHED

# PRESCHOOL GROUPS AT BOUNCE.

Each year we host hundreds of school groups across our venues regardless of age or skill-level, our hosts will ensure that every student has a fun and inclusive experience

We have an amazing package that promotes both parallel and associative play in a positive space.

BOUNCE Preschool Sessions have been developed to provide physical, social and emotional benefits to kindergarten aged children of any skill level. We aim to help kids 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 develop friendships and social skills while keeping healthy and active.

The group session we have designed for preschools 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**  
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IS PART OF THE GLOBAL  
**FREESTYLE MOVEMENT**



WELCOME  
TO THE **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.

 <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>
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# LINK TO NEW ZEALAND CURRICULUM.

BOUNCE School Sessions link directly to the Movement and Physical activity strand of the New Zealand 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.



Preschool



Years 1- 6



Years 7-13

## 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>
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## 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>
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## 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>
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# 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.

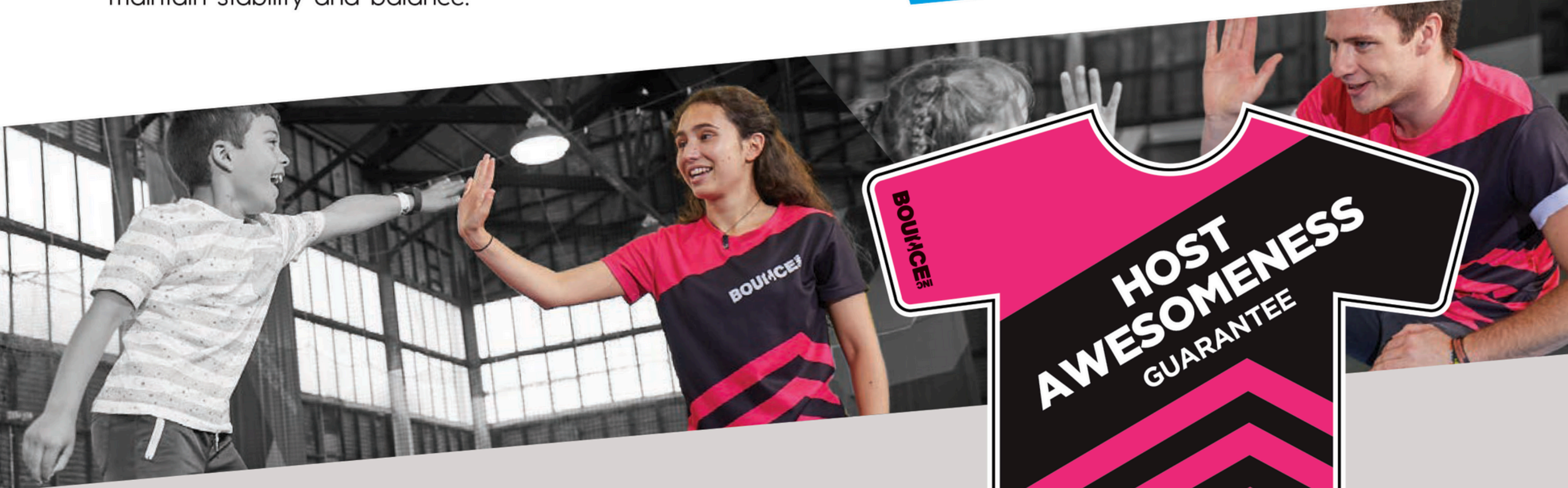
## 6 / TRAINING & INSTRUCTION

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 BOUNCE HOSTS SUPERVISING

BOUNCE hosts provide a safe and supportive environment for every jumper. Our 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.

# THE PERFECT PRESCHOOL PACKAGE.

## PRESCHOOL PACKAGE INCLUDES:

**\$10.00**

per person for a  
**1.5 hour Mini BOUNCE  
Zone experience**

### PACKAGE INCLUDES:

- 1.5 hours in our exclusive Mini BOUNCE Zone
- Free adult supervisor admission to the Mini BOUNCE Zone (provided BOUNCE Grip Socks are worn)
- Range of free play activities including slides, a ball pit, interactive screen and more!
- BOUNCE Grip Socks for only \$1.50 per pair



*\* Preschool pricing is available Monday to Friday during school hours only (excludes school and public holidays).  
Minimum of 10 required.*

This package ensures that every child has fantastic time in a safe and enjoyable environment

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

**VENUE  
HIRE**

## THE WHOLE MINI BOUNCE ZONE TO YOURSELF.

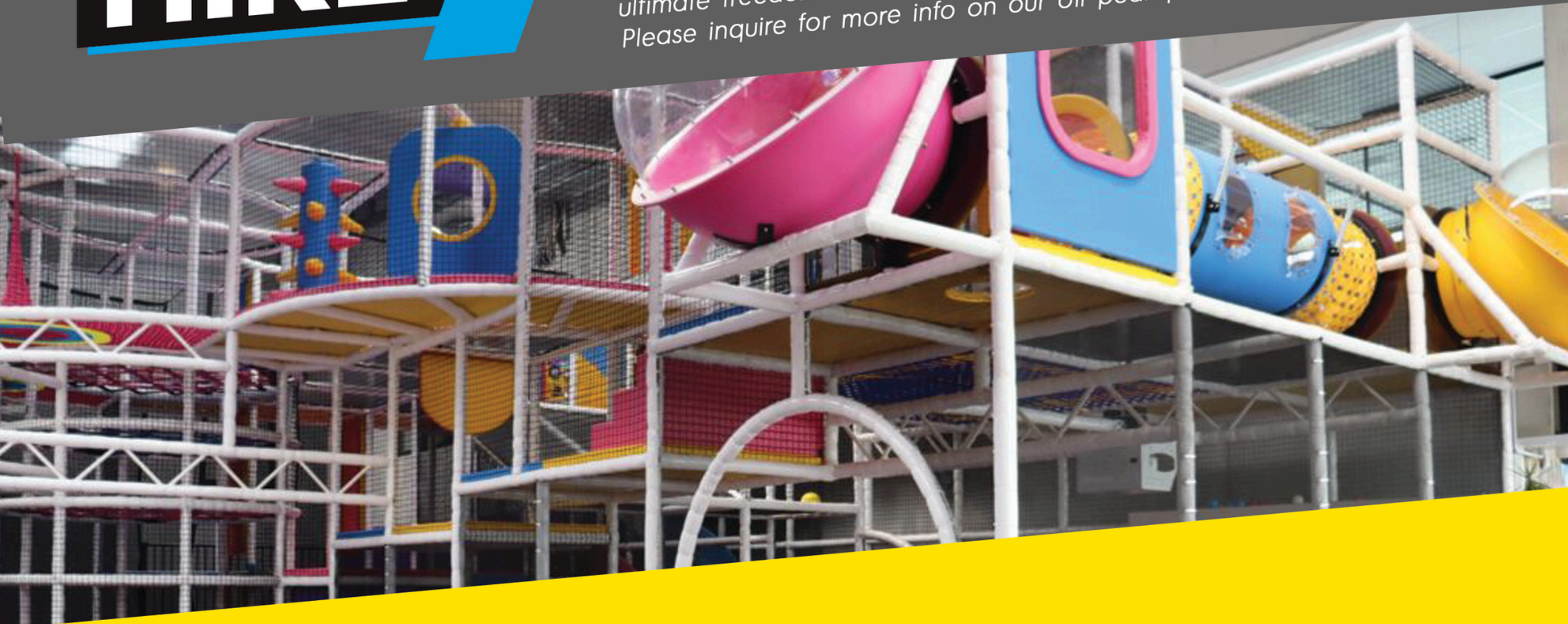
Alternatively, transform the whole Mini BOUNCE Zone into your own exclusive event space with venue hire.

All Mini BOUNCE Zone hire sessions give toddlers and teachers the ultimate freedom of having our multi-level soft play area all to yourself! Please inquire for more info on our off peak pricing.

**FOOD OPTIONS  
MADE EASY.**

Every BOUNCE Venue has an onsite café where kids can purchase cold drinks, 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.

### 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 grip-socks are designed to help maximise grip, safety and general hygiene. In adventure-challenge areas (e.g X-Park, X-Run, Wall Climb) 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:



09 600 5397



groups@bounceinc.co.nz

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# RAMS FORM.

ANALYSIS		DESCRIPTION		
<b>RISKS</b> ACCIDENT, INJURY, OTHER FORMS OF LOSS		<b>MINOR</b> <ul style="list-style-type: none"> <li>• Trampoline Burn</li> <li>• Bruises</li> <li>• Exhaustion</li> </ul>	<b>MODERATE</b> <ul style="list-style-type: none"> <li>• Dislocation</li> <li>• Sprains</li> <li>• Strains</li> <li>• Broken Bones</li> </ul>	<b>EXTREME</b> <ul style="list-style-type: none"> <li>• Neck &amp; Back Injuries</li> </ul>
	<b>DANGERS</b> HAZARDS, PERILS		<b>PEOPLE</b> <ul style="list-style-type: none"> <li>• Jumpers not following rules</li> <li>• Jumpers over exerting themselves</li> <li>• Poor communication</li> <li>• Preexisting health conditions</li> <li>• Dangerous technique</li> <li>• Lack of spacial boundaries</li> <li>• Unsecured personal items</li> </ul>	<b>EQUIPMENT</b> <ul style="list-style-type: none"> <li>• Lack of maintenance or equipment/structural failure</li> <li>• Inappropriate clothing/footwear</li> <li>• Wall Climb belay incorrectly connected</li> <li>• Poor fit of safety apparatus</li> </ul>
<b>RISK MANAGEMENT STRATEGIES</b> NORMAL OPERATION			<ul style="list-style-type: none"> <li>• Staff given full training and knowledge of park</li> <li>• Staff are first aid trained</li> <li>• All jumpers are given a clear and thorough safety briefing prior to jumping</li> <li>• Staff monitoring jumpers always</li> <li>• Safety rules on signs around park</li> <li>• Staff able to execute safe Wall Climb rescues</li> </ul>	<ul style="list-style-type: none"> <li>• Conduct regular maintenance checks, daily checks as well as visual checks throughout the day.</li> <li>• All jumpers are provided with and must wear BOUNCE socks</li> <li>• Jumpers are recommended to wear light sports clothing</li> <li>• All trampolines are cleaned regularly</li> </ul>
	<b>EMERGENCY</b>	<b>BOUNCE Staff Procedures</b> <ol style="list-style-type: none"> <li>1. Assess and contain situation. Carry out any vital life support if appropriate, and carry out any First Aid if required. Look after jumpers and carry out any other major responsibilities</li> <li>2. Support and monitor jumpers as best as possible, further First Aid if necessary, evacuation if needed (this is up to manager), and close surrounding trampolines</li> <li>3. If no evacuation - move injured/harmed jumper in most appropriate way (this may include calling emergency services)</li> <li>4. Debrief/follow up as appropriate</li> <li>5. Ensure equipment is cleaned and marked unsafe as necessary</li> <li>6. Ensure all paperwork is filled out as necessary</li> </ol>		