

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 2,500 square meters of interconnected trampolines, adventure challenge features, padding and foam pit. 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 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.



BOUNCE
FREE SPIRITS UNLEASHED

SCHOOL 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 two amazing 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 students 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 students 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 IS PART OF THE GLOBAL **FREESTYLE MOVEMENT** **WELCOME TO THE TRIBE**
FREE SPIRITS UNLEASHED

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

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

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

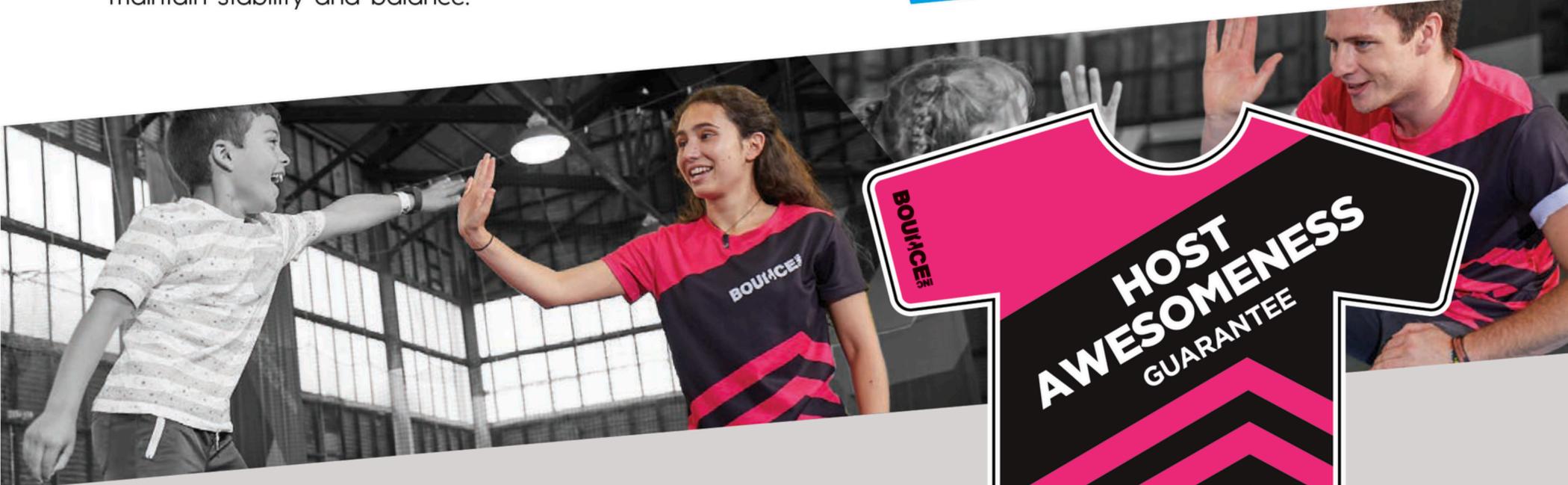
6 / TRAINING & INSTRUCTION

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.

CHOOSE FROM 1 OF 2 SESSION TYPES.

OUR GROUP SESSIONS ARE BUILT AROUND 1 OF OUR 2 CORE OPTIONS:

GENERAL SESSION

SESSIONS ARE ALL ABOUT INCLUSION & PARTICIPATION

Spend some time bonding with your school friends exploring BOUNCE!

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

Good, clean fun!

TEAM CHALLENGE

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.

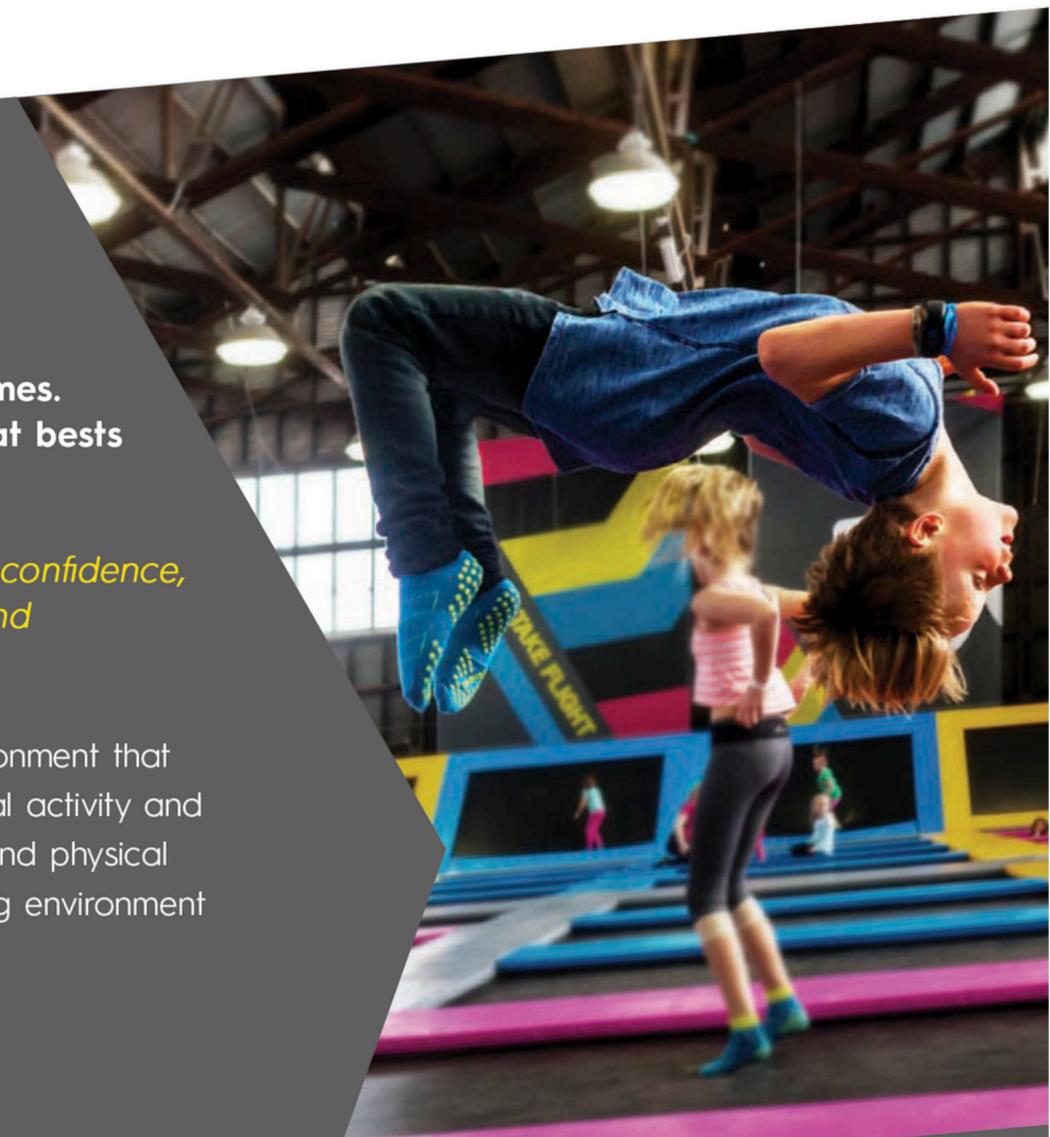
Our hosts will foster team communication and break down those awkward barriers with a fun, competitive edge.

Friendly rivalry!

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

Our school sessions focus on fun and developing self-confidence, which flows naturally from the sense of achievement and socialization that is a big part of BOUNCE.

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:

\$14.00

per person for a 1.5 hour general jumping experience

\$15.00

per person for a 1.5 hour Team Challenge

PACKAGES INCLUDE:

- 1.5 hours of jumping
- Customisable activities
- Dedicated BOUNCE Host with Team Challenge
- Range of Freestyle activities including X-Park/X-Run, Dodgeball, Free-Jumping and more
- BOUNCE Grip Socks for only \$1.50 per pair



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

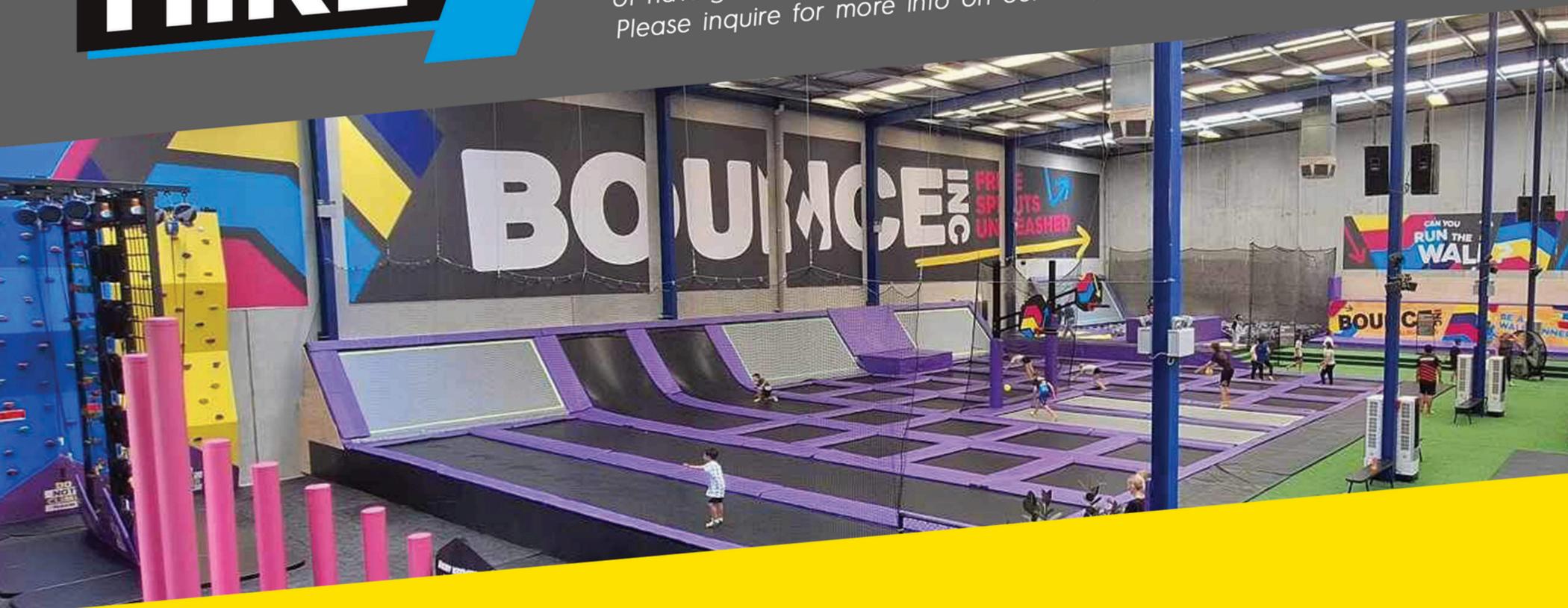
BOUNCE^{INC}

VENUE HIRE

THE WHOLE PLACE TO YOURSELF.

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

All venue hire sessions give students and teachers the ultimate freedom of having our trampolines/park features 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 students 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		
RISKS ACCIDENT, INJURY, OTHER FORMS OF LOSS	MINOR	<ul style="list-style-type: none"> • Trampoline Burn • Bruises • Exhaustion 	<ul style="list-style-type: none"> • Dislocation • Sprains • Strains • Broken Bones 	<ul style="list-style-type: none"> • Neck & Back Injuries
	PEOPLE	EQUIPMENT	ENVIRONMENT	
DANGERS HAZARDS, PERILS	<ul style="list-style-type: none"> • Jumpers not following rules • Jumpers over exerting themselves • Poor communication • Preexisting health conditions • Dangerous technique • Lack of spacial boundaries • Unsecured personal items 	<ul style="list-style-type: none"> • Lack of maintenance or equipment/structural failure • Inappropriate clothing/footwear • Wall Climb belay incorrectly connected • Poor fit of safety apparatus 	<ul style="list-style-type: none"> • Heat • Noise 	
	<ul style="list-style-type: none"> • Staff given full training and knowledge of park • Staff are first aid trained • All jumpers are given a clear and thorough safety briefing prior to jumping • Staff monitoring jumpers always • Safety rules on signs around park • Staff able to execute safe Wall Climb rescues 	<ul style="list-style-type: none"> • Conduct regular maintenance checks, daily checks as well as visual checks throughout the day. • All jumpers are provided with and must wear BOUNCE socks • Jumpers are recommended to wear light sports clothing • All trampolines are cleaned regularly 	<ul style="list-style-type: none"> • Music and sound system are accessible to staff and can be adjusted as needed • Air condition vents scattered around the park • Doors for ventilation on hot days or as required 	
RISK MANAGEMENT STRATEGIES NORMAL OPERATION	<p>BOUNCE Staff Procedures</p> <ol style="list-style-type: none"> 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 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 3. If no evacuation - move injured/harmed jumper in most appropriate way (this may include calling emergency services) 4. Debrief/follow up as appropriate 5. Ensure equipment is cleaned and marked unsafe as necessary 6. Ensure all paperwork is filled out as necessary 			
	EMERGENCY			