

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



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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

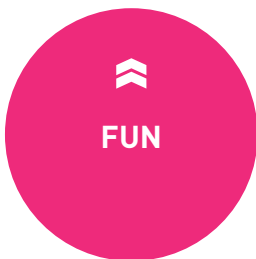


WELCOME
TO THE TRIBE

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.



A sense of joy & happiness in participation.



Bringing self-expression & creativity to physical movement.



Continuous improvement & the journey towards mastery.



Holistic advancement, including life learning benefits such as confidence & self-esteem.

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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 & spacial 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.

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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PACKAGES TO SUIT YOUR NEEDS.

SCHOOL PACKAGES INCLUDE:

School pricing is available Monday to Friday, excluding school and public holiday. Minimum of 10 required.

R120.00

per student
for a **1 hour**
experience

R185.00

per student
for a **2 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)
- Complimentary coffee and tea for teachers
- BOUNCE Grip Socks



Chat to our dedicated booking coordinator about "Building your own" Package - POA

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.

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

*Minimum booking of 100 pax for full venue hire.



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.**

B-FIT ACADEMY SPORT TRAINING.

Transform your teams into champions and get BOUNCE-FIT with an 8 week progressive, sport-specific program designed to improve overall fitness, natural strength and motor skills in an encouraging environment.

Expertly developed by a combination of exercise specialists, gymnasts and personal trainers. Our in-house coordinator will work with you to align the program with your exact coaching objectives and team fitness goals.

BOUNCE-FIT sessions are all team bonding, great soundtracks, high spirits and intense fun. What better way to boost team morale?

B-FIT ACADEMY INCLUDES:

R550.00

per student
for 6 x 60 minute
weekly sessions

PACKAGES INCLUDE:

- Orientation session with your BOUNCE-FIT instructor to align the program with the fitness needs of your specific sport team
- Initial fitness testing, health screening and trampoline safety orientation with your team
- 6 x 60 minute weekly sessions with your BOUNCE-FIT instructor in your preferred BOUNCE venue
- Debrief session with final fitness testing to show progress in each player
- BOUNCE Grip Socks per student
- Program available to book outside of standard BOUNCE-FIT times, on a day that suits your coaching schedule.
- Single BOUNCE-FIT sessions available to book for R80.00 per session



“The improvement of our hockey girls that attended the BOUNCE B-Fit program was remarkable. They’ve shown so much improvement in their core strength, their agility and their overall fitness. We can see, over short distances, their quick acceleration is something that just picked up so quickly. With every session they would get back into the bus and tell us how they could feel they were getting better at something.

Although it was challenging, they still enjoyed it. They can feel themselves getting stronger.”

- Clara Rautenbach
Director of Hockey - St. Mary's DSG, Pretoria



FUND MY SCHOOL FUNRAISING.

BOUNCE FUNDRAISING

Forget fun-runs and raffles, Amp up your next fundraiser with an adrenaline rushing event at your favourite BOUNCE venue. Healthy, different and action-packed, FUND MY SCHOOL, can bring in some serious bucks. Sit back and relax while we handle the rest!

It's the easiest fundraiser you'll ever host!

- Treat your guests to the ultimate VIP experience with 2 hours of exclusive-access.
- A dedicated team of BOUNCE staff to handle every aspect of your event.
- BOUNCE will provide your school with physical printed tickets, or an easy and safe online ticketing option.
- We will also provide your school with a marketing pack, including printable posters, a promotional video and social media posts to help those tickets fly!

» Available to book during off-peak times
(excludes Saturdays, public and school holidays)

SOUNDS TOO GOOD TO BE TRUE?

It really is that simple! And your school gets to make some serious funds in the process.

Tickets are sold to your school at a specially discounted rate, you sell tickets at your rate and keep the profit!

Whether you choose to host a family get-together on a Sunday afternoon, or an epic school social on a Friday evening BOUNCE will help you plan the perfect event at the coolest venue in town.

“

Parktown Boys have gained so much by the fundraiser at BOUNCE. Not only by selling out a truly successful fundraiser, but for me seeing the happiness of the kids enjoying BOUNCE to the fullest! (And the adults)

- Tracy, Parktown Boys PA

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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.co.za/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:



JHB Contact Centre - 011 517 2500
PTA Contact Centre - 012 942 1117
KZN Contact Centre - 031 091 0999



schools@bounceinc.co.za



Fourways Mall, JHB
Waterfall Lifestyle Centre, JHB
Menlyn Maine Central Square, PTA
Cornubia Mall, KZN

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