



**SPORTS CLUB PACK**

**FULL-ON FUN!**

**[www.supatramp.com.au](http://www.supatramp.com.au)**

174 Torquay Road, Grovedale, Geelong VIC 3216

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# SUPA TRAMP

## ABOUT SUPATRAMP

Get set for "full-on-fun" at Supatramp, one of the largest custom-built indoor mega trampoline and activity complex in Australia. Based in Grovedale, Geelong. Supatramp will cater for all ages and fitness levels. Offering high octane, adrenaline rush type activities in a healthy, safe and fun environment. The centre features 80 interconnected trampolines with areas for SupaDodge, SupaSlam, 4 Olympic size trampolines and a large air mat for safe landings.

We also have state of the art climbing equipment, a variety of wall space for different climbing challenges and two adrenaline rides. The kids and toddler zone area is jungle themed that includes an array of climbing obstacles, slides and floor space with numerous entertainment objects.

## ABOUT KATE

Your point of contact, Supatramp's Sports Education Manager - Kate McIntyre, has an extensive background in the fitness and education industries. Kate is a registered school teacher and a member of Fitness Australia.

Kate brings this unique mix of skills to Supatramp to lead the development of school activity programs aimed at inspiring and engaging school students with the goal of increasing their sense of well being, their self-confidence, fitness and understanding the importance of health.

Kate can be contacted on

**03 5244 1089 / [KATE@SUPATRAMP.COM.AU](mailto:KATE@SUPATRAMP.COM.AU)**

Supatramp is located at 174 Torquay Road, Grovedale 3216



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Trampolining is great exercise whether it be mid-season, before or after. You are always going to get a low impact and high intensity workout and you don't even realize.

#### **Understanding what happens inside the body when bouncing**

- Your cells experience a "gentle squeezing at the bottom of the bounce," which pulls toxins out and cells become stronger.
- When you rebound, you are helping your cells metabolize, cleanse and renew, and you are helping your lymph system to pump and drain out the body's waste.

#### **Circulation**

- Trampolining improves circulation where there is increased blood enriched with oxygen.
- Trampolining increases the blood flow to the brain and increases enzyme activity. This results in improved mental alertness, faster reaction times and improved balance.
- Rebounding is particularly effective as jumping results in contractions in the muscles. These contractions act like pumps circulating blood back into the heart to be replenished with oxygen. This helps improve circulation and reduce clogging of the arteries.

#### **Strength**

- Regular use of trampolining helps strengthen tendons, ligaments and muscles around the joints developing bodies. Trampolining is particularly helpful increasing the strength around the back and stomach areas, which will help support the spine to prevent poor posture, a problem which is prevalent in modern-day Australia.
- Benefits for individuals who have concerns with back pain, knee injuries and sensitive joints.

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## Healthy heart

- Cardiovascular system is improved. Increase in oxygen carrying blood cells decreasing blood pressure and heart disease.
- The heart muscles are strengthened and cause various cardiovascular changes so that with continual exercise, the heart can pump more blood with fewer beats. This results in a lower heart rate when resting and means the heart has less work to do when carrying out normal activities. By reducing the day-to-day workload of your heart you can reduce the chances of developing heart disease.

## Stress

- Action of trampolining can increase endorphins which are our body's 'feel good' chemicals. These endorphins can help reduce stress and ease anxiety and depression. Its fun and you can leave feeling invigorated.

## Coordination

- Regular trampolining can improve skills such as coordination, balance and gross motor skills. These skills are important for Australian children to develop.

## Safety

- State of the art equipment.
- Active professional staff presented at all times.
- Clubs are taken through an introduction which includes the safety and rules of the centre



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## Clip and climb, this is climbing like you have never seen before!

A great way for your team of all ages to tackle a variety of climbing walls.

### CHARACTER STRENGTH

- The activity allows one to take risks in a safe and controlled environment which encourages self-esteem / confidence
- Students are immersed, focussed and energised
- The skills they learn and develop promote positive relationships, trust, cooperation, support, patience, perseverance, sharing, self-worth and satisfaction
- Improves endurance, courage, skill, strength and intelligence
- Develop confidence in their abilities to interact with others
- Establish a sense of self, as well as a sense of group identity

### PHYSICAL DEVELOPMENT

- Builds strength by using all major muscle groups
- Increases flexibility and the range of motion
- Improves fine motor skills and gross motor skills
- Increases physical fitness

### IMPROVES COORDINATION

- Climbing requires you to coordinate your mind with your muscles.
- Every climbing move offers a novel problem-solving challenge, presenting the climber with a different set of potential handholds and footholds to use



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# SUPA TRAMP

## CLUB PACKAGES PRICING

Supatramp is the perfect place for fundraising for your club, raise some money to upgrade your sports equipment. We can cater for any focus: discos, season launch, pizza nights and celebrations.

### UNDER 100 OPTION

\*For the first 100 people, the rebate to be donated to the club will be at \$5 per person  
Price \$25 per head (Monday to Friday)

- 1 x hour general admission
- Room for 30 minutes
- \$5 rebate- donation back to the club
- Socks
- Pizza, Hot chips and Cordial

### OVER 100 OPTION

\*For every additional guest over the initial 100, the rebate to be donated to the club will be at \$7 per person  
Price: \$25 per head (Monday to Friday)

- 1 x hour general admission
- Room for 30 minutes
- \$7 rebate- donation back to the club
- Socks
- Pizza, Hot chips and Cordial

## CLUB TRAINING SESSION PRICING

Training session can be tailored to suit your clubs needs.

Price: \$12.50 per head

- 1 x hour general admission
- Socks

Price: \$18.50 per head

- 2 x hour general admission
- Socks



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