

SUPER TRAMP

Plymouth



British
Gymnastics
More than a sport

TEACHERS/LEADERS
GO FOR FREE!

TAILORED
PACKAGES

Sessions to suit
all occasions



WELCOME

To Super Tramp Plymouth

About Super Tramp

Founded in 1983

Super Tramp introduced the garden trampoline to the UK. With over 35 years' experience, we offer expertise in domestic, commercial, high performance, fitness and bespoke trampoline solutions.

In October 2013, Jet Sports acquired the Super Tramp brand and continue with the same philosophy that trampolining should be a fun, safe activity for all ages and abilities to enjoy.

In 2014, we designed and built one of the UK's first trampoline parks before launching our first Super Tramp park in Plymouth during 2016. We are now the proud owners of our second park, Super Tramp Sunderland, since its acquisition in November 2018.

We are proud to design, manufacture, build, maintain and operate our very own trampoline parks. Super Tramp Plymouth is currently the only IATP registered and PAS 5000 compliant trampoline park in Devon & Cornwall.

**HOME OF THE
BOUNCIEST
TRAMPOLINES**

WHY come to Super Tramp?

There are lots of reasons to take a trip to Super Tramp Plymouth, here are some that we think are the most important:

FUN Fitness!

- Inclusive fun
- Improves interpersonal relationships
- Promotes team-work
- Improves health and cardiovascular fitness
- Exercise in disguise
- Stress relief
- Improves coordination
- Develops muscle strength

For more information or to get a quote:

groups@supertrampplymouth.co.uk

INCLUSIVE FUN

Improve interpersonal relationships and teamwork

SAFETY FIRST



INTERNATIONAL
ASSOCIATION OF
TRAMPOLINE
PARKS

STRESS'S RELIEF
Competitive
Strength
Adventure
WORK
Safe
LOTS OF Fun
FITNESS
ENERGY
LAUGH Health
GROWTH
INCLUSIVE



WHAT SESSIONS do we offer?

General Bounce

Get unrestricted, marshalled access to all areas of the park.



Structured

Choose from a selection of activities to be run by our marshals.



Curriculum-led coaching (GCSE/A-Level)

Take advantage of our facilities and British Gymnastics qualified coaches – we can assess and coach to exam board specifications.



Fitness Classes

Instructor-led fitness classes in a fun environment.



SEND

Inclusive fun for all with our relaxed SEND sessions.



Toddler Sessions

Perfect for Nursery or Reception classes – get full park access with additional toddler-friendly equipment all whilst listening to the greatest Disney hits!



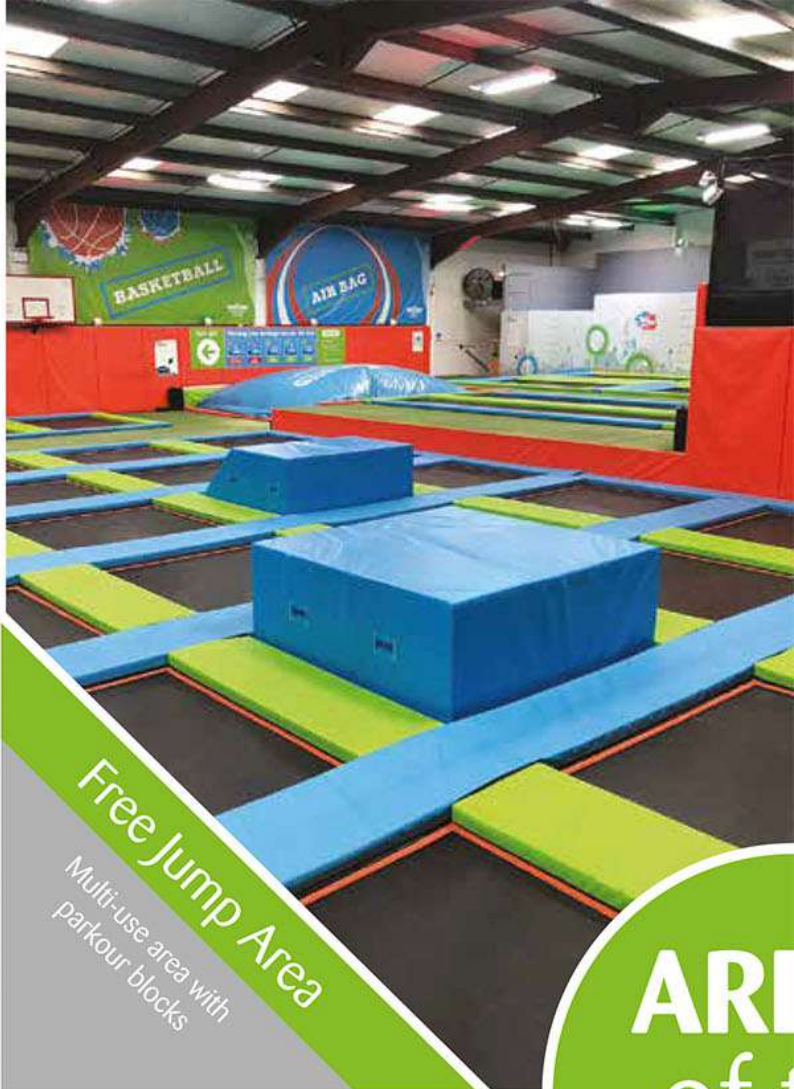
Dodgeball Tournaments

Choose your team names and run your very own intra-school tournament for the ultimate competitive fun!



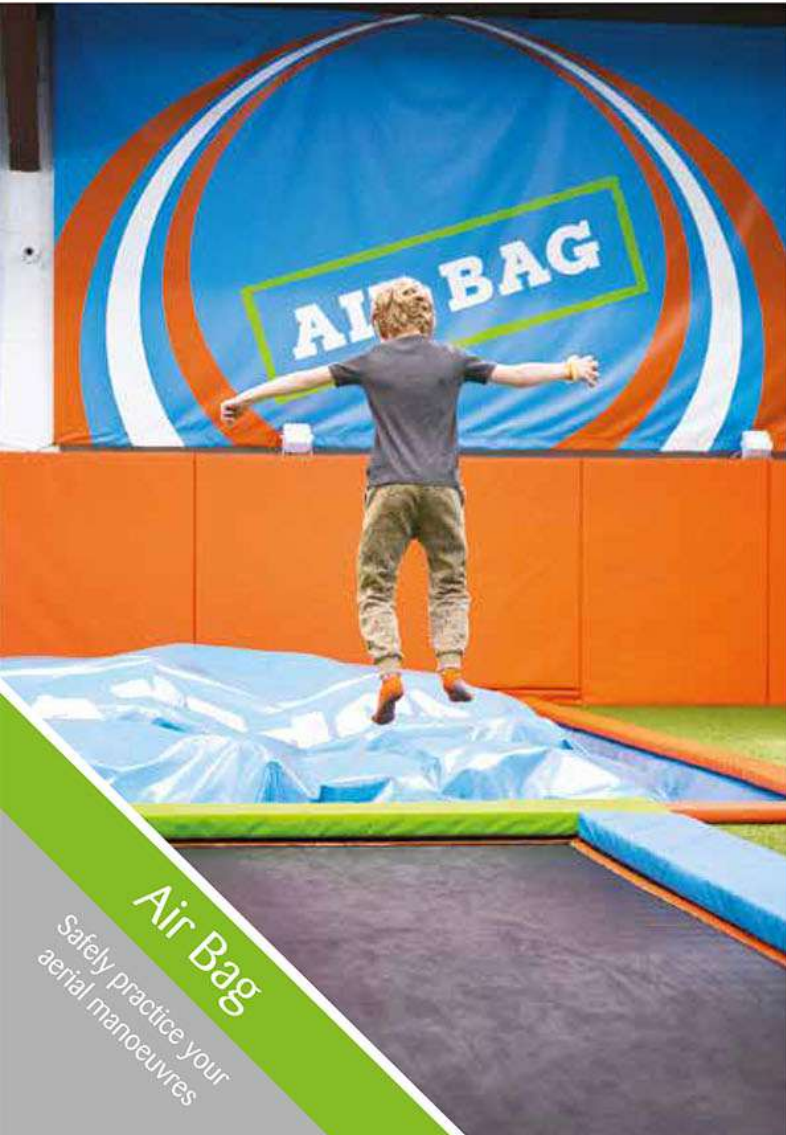


Wall Running
Largest wall running
area in the
South West

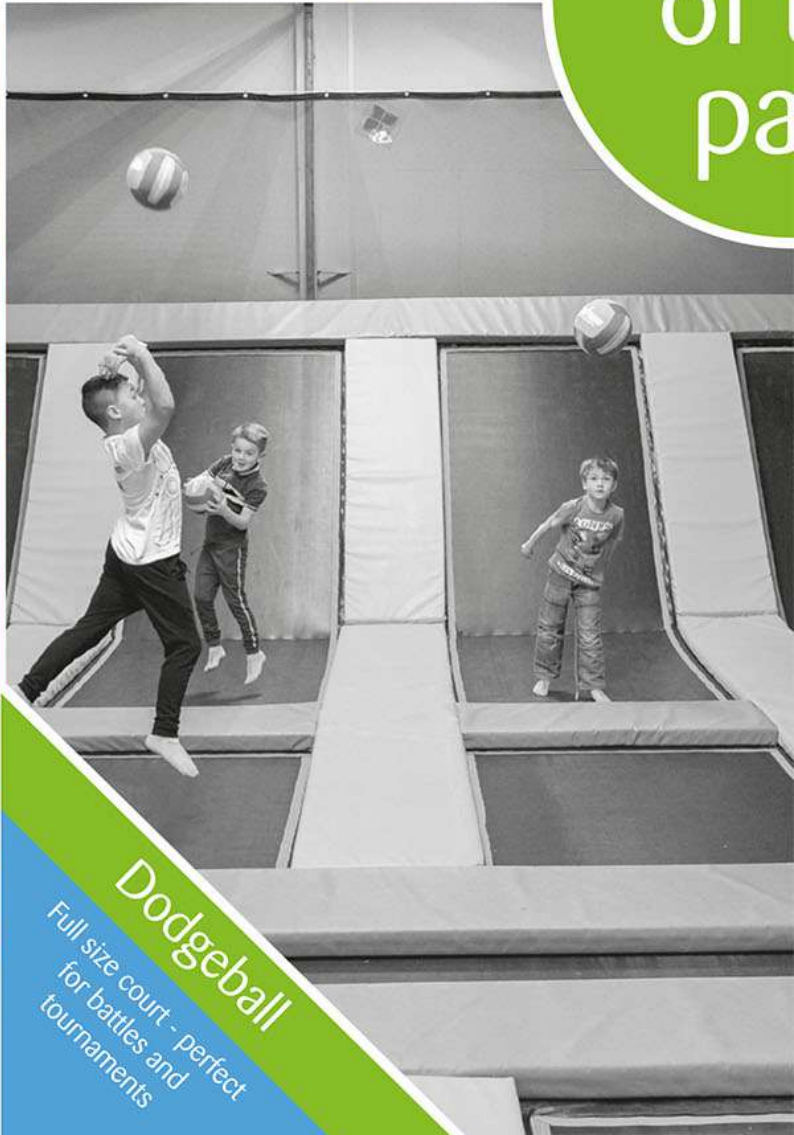


Free Jump Area
Multi-use area with
parkour blocks

AREA
of
pa

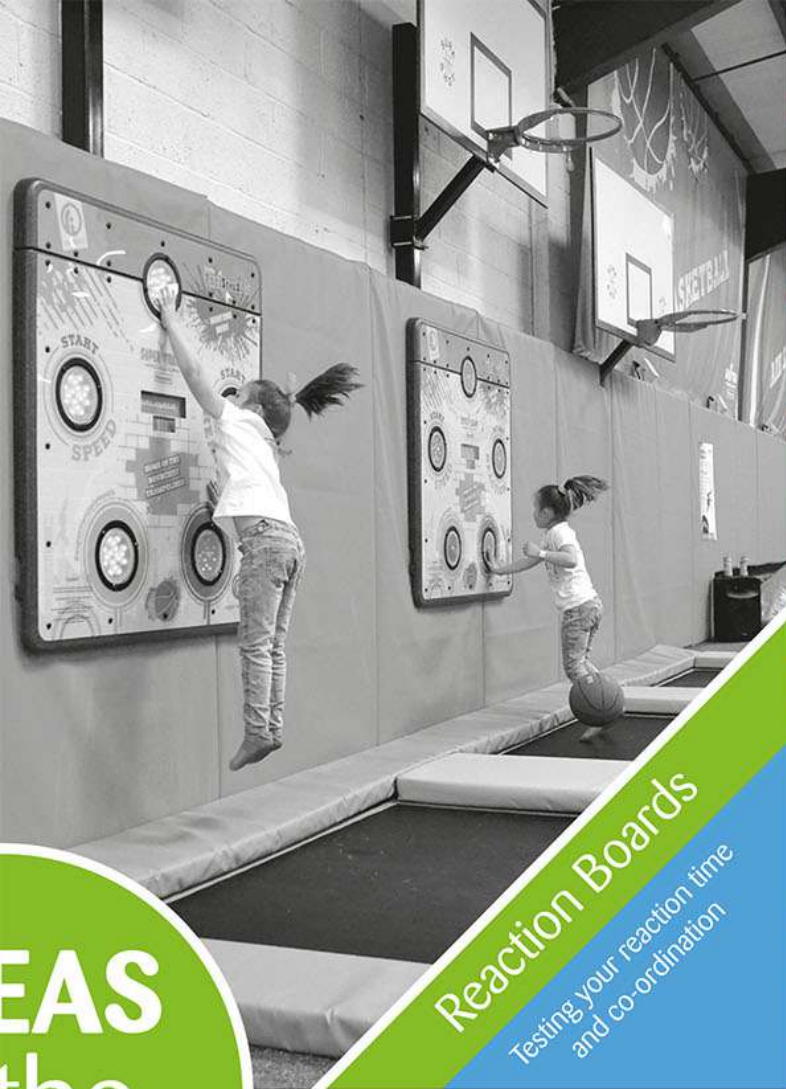


Air Bag
Safely practice your
aerial manoeuvres



Dodgeball
Full size court - perfect
for battles and
tournaments

EAS
the
ark



Reaction Boards

Testing your reaction time
and co-ordination



Basketball

3 hoops at
varying heights



Four

high-performance
Olympic-size
trampolines



Volleyball

with a full-width net



Café

and viewing
gallery



INTERNATIONAL
ASSOCIATION OF
TRAMPOLINE
PARKS

THE BENEFITS OF TRAMPOLINING



Your Muscles

Strengthens muscles and improves endurance



Your Heart

Boosts your heart rate, improving cardiovascular fitness and circulation



Your Brain

Trampolining helps to release feel-good endorphins and improve mental health



Detoxification

Helps to facilitate the body's natural detoxification mechanism



Well-being

Trampolining is a fun and an enjoyable form of exercise



Your Cells

Increase oxygen circulation leading to increased cell energy



Your Bones

Helps increase bone density



Your Joints

Low impact exercise puts less stress through bones and joints



BENEFITS to children



Improving Behaviour in Children

Trampolining can have a really positive effect on children's behaviour by improving the way they expend their energy. A build-up in unspent energy can sometimes lead to negative behaviour and less focus on their school work.

Exercise in Disguise

Trampolining is a fun, interactive way for children to exercise without realising they're doing it. The low-impact, high-intensity nature of trampolining puts developing bones and joints under less pressure than most forms of conventional P.E., whilst still promoting health and fitness, team-work and inclusive fun.

Building Courage and Self-Confidence

For children who are wary of new things and physical activities, trampolining is a great way to build their confidence.

TAILORED PACKAGES TO SUIT YOU!

All of our packages can be individually designed to meet your needs.



CONTACT US WITH YOUR

- ▶ Session type
- ▶ Session length
(1 hour or more)
- ▶ Frequency
(weekly, monthly, occasions)
- ▶ Number of bouncers

**For your
personalised quote**

groups@supertrampplymouth.co.uk

bsi.

**PAS 5000
COMPLIANT**

If you have any questions please contact us!

groups@supertrampplymouth.co.uk

Schools

Nurseries

Scouts

Brownies

Young
Farmers
Clubs

and
more!

TALK TO US ABOUT
A BOOKING TODAY!

01752 710791

YOU CAN SIGN
ALL WAIVERS ONLINE
Save time by signing waivers online
before you arrive at the park

www.supertrampplymouth.co.uk





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