

# RUSH

EVERY  
SECOND  
COUNTS

HQ



★ SCHOOLS PROGRAM ★



# RUSH HQ SCHOOL PROGRAM

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Rush HQ is Melbourne's premier indoor adventure park, boasting an impressive list of activities designed to challenge students of all ages both physically and mentally while developing a wide range of skills.

The hosted programs that we offer schools are tailored for students from an elementary level all the way up to year 12, under the guidelines of the Victorian curriculum assessments on Health and Physical Education. Our programs promote the health, wellbeing, movement competence and confidence of all participants in a friendly and encouraging environment.

Rush HQ's extensive range of activities includes a huge multi-level obstacle course, two large

dodge-ball areas, a newly refurbished multi-wall rock climbing area, several jump n' slam basketball lanes and over 100 state of the art interconnected trampolines. We also have birthday party rooms for hire, group catering options, as well as a wide range of food within our cafe.

We pride ourselves on delivering our programs and facilities to schools in the safest and friendliest way possible by staff members that are knowledgeable and encouraging.

\* Please note that children under 110cm will be restricted to certain areas of the centre. Please bring some close toe shoes to make sure you can access Mt Madness and The Gauntlet.

## EXCLUSIVE SCHOOL PRICING (WEEKDAYS)

Hosted 60 minutes  
★ **\$15.00** ★  
- Per Person -

- 60 minute program facilitated by an amazing Rush HQ host.
- One host per class.
- Includes Rush HQ grip socks.

\* School pricing (min. 10 required) is only available Monday to Friday, excluding school and public holidays.

Unhosted 60 minutes  
★ **\$12.00** ★  
- Per Person -

- Free to run and explore centre and run session yourself. Areas are still supervised by our trained staff.
- Includes Rush HQ grip socks.

\* We require a 50% deposit in order to secure a booking. If there is anything at all that we can help you out with, please call us on 1300747576

## HOW IT WORKS?

Our hosted school programs are very flexible and cater to your individual group's size, age and overall goals. We will work together to design a program that suits the amount of

sessions you wish to participate in. This ranges from a one off session all the way up to a term booking. Just tell us what you are looking to achieve and we will make it happen.

## SOME FEEDBACK

**R Ross G -**  
"This is a fabulous venue for school groups or birthday parties. They have separate party rooms of various sizes. There is a great viewing platform for those not inclined to have a go. We took over 120 kids of various ages there and I did not hear one bad word said of the diverse range of jumping and climbing activities."

**R Steve L -**  
"A fantastic place for kids to let off some steam and play on a huge variety of activities. We had a fantastic time and would thoroughly recommend this to everybody. We'll definitely be back!!!"

**ACTIVITY 1** OVER 110CM

# OBSTACLE COURSE (THE GAUNTLET)

Defy gravity by running, swinging, climbing and soaring through Australia's premier obstacle course. The two level course is jam packed full of unique challenges that will test the participants problem solving, fine motor skills, and courage. The whole course will have students climbing, tight-rope walking and swinging their way through each section under the guidance of our trained staff members.

Body Awareness



Hand-Eye Coordination



Motor Skill Development



Confidence



**ACTIVITY 2** OVER 110CM

# ROCK CLIMBING (MT MADNESS)

Mt Madness is an entire world of strategy, perseverance, strength, determination and intelligence. Climbers test their abilities against our multiple bouldering walls. Recently re-designed and constructed by Australian national climber William Hammersla, our three large climbing walls will appeal to the very beginner all the way up to the most advanced climber in any age group.

Body Strength



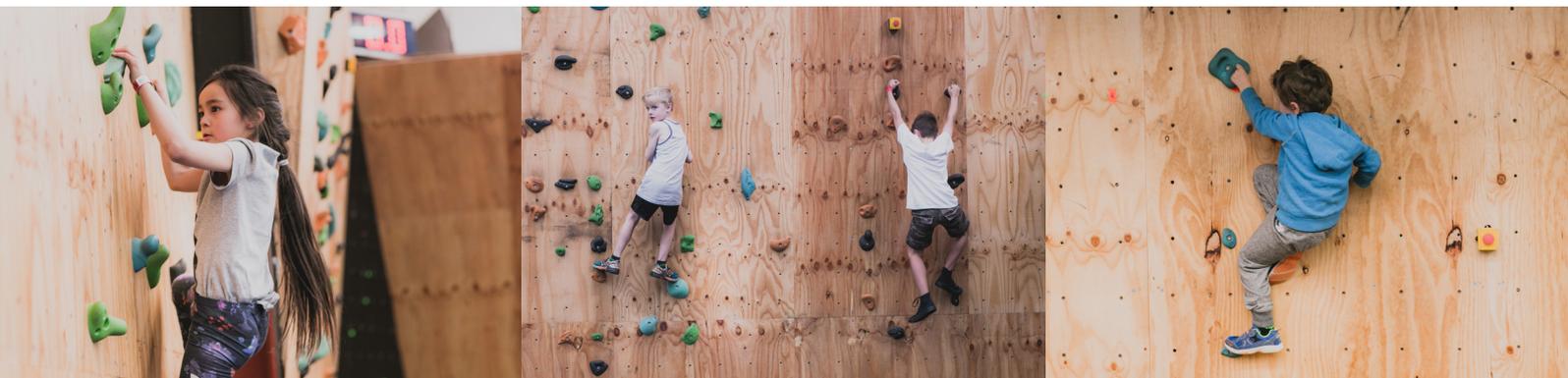
Hand-Eye Coordination



Confidence



IQ







### ACTIVITY 3

# TRAMPOLINES (JUMP FACTORY)

According to NASA, rebound exercise is the most efficient and effective form of exercise devised by man. We have over 100 trampolines spread throughout our facility accommodating participants of all levels and abilities. Our 6 performance trampolines are perfect for those looking for extra air time and the chance to practice any aerial tricks and flips. Students can also take on our wall running challenge.

Coordination



Body Awareness



Confidence



Mental Health



### ACTIVITY 4

# BASKETBALL LANES (JUMP N SLAM)

Race against the clock to throw down as many hoops as possible before the time runs out. We have 4 dedicated lanes for shooting and dunking just like all of the professional NBA and NBL superstars. Whether students have never picked up a basketball or can shoot lights out, our hoops will provide hours of entertainment while also improving confidence, hand-eye coordination and concentration.

Hand-Eye Coordination



Spatial Awareness



Coordination



Mental Health



## ACTIVITY 5

# DODGE-BALL (DODGE IT)

Two teams, 6 balls, one goal! Take on the world (or just the class) in a dodge-ball game like no other. Engaging and stimulating kids on multiple levels, dodge-ball is a high energy game requiring teamwork, strategy and hand and body coordination. Watch as this team game brings out the best in students, as they learn to dodge incoming balls, work together with their teammates and side step their way to victory.

Active Motor Skills



Hand-Eye Coordination



Movement



Reaction Time



## ACTIVITY 6 UNDER 110CM

# INFLATABLES AREA (JUNIOR JUMPERS)

Our Junior Jumpers area is the perfect place for young children to gain confidence as they run, jump and slide their way around our multiple inflatable castles. They can be as bold as they wish whilst discovering their abilities, improving hand-eye coordination, spatial awareness and gaining huge amounts of confidence in the process. Parents can also sit close by and easily interact with their kids in this area.

Hand-Eye Coordination



Spatial Awareness



Confidence



Fun



