

PLAYGROUND SOUNDS

Exercise, health and well being programs; inspiring students to lead healthy lifestyles through dance and movement.

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WWW.PLAYGROUNDSOUNDS.COM

● 2 GREAT INCURSIONS TO CHOOSE FROM ●

1. WORKOUT PARTY

A group fitness event to help flexibility, posture, coordination and confidence in a shared community environment. A fun aerobic work out designed for students with our qualified instructor backed by a dj with an appropriate play list.



2. SILENT DISCO

Each student receives a headset and can choose from 3 different channels of music. We incorporate songs with popular dances, to get everyone moving. For older students we also offer the opportunity to be a guest dj.

Perfect for

- PBL Reward Days
- P & C Fundraisers
- RU OK Day
- Harmony Day
- Anti Bullying
- White Ribbon Day
- End Of Term & Year Celebrations
- Education Week and Community Engagement

ENJOYED BY OVER
50,000 STUDENTS AT
OVER 150 SCHOOLS IN
NSW, QLD, AND THE ACT

Students rated it as highly enjoyable, and 100% of them could see the direct link between physical activity, listening to music and spending time with friends as positive contributions to their well being. We can't recommend the experience highly enough - and we're getting them back!!' Sue Harrap - Nossal High School, Assistant Principal.

'Wow! Playground Sounds is a fantastic event to promote a positive environment and enhance well being' Allison Blight - Callaghan College.

'An absolutely amazing experience' Cessnock East Public School.



PLAYGROUND SOUNDS

**BEST RUN IN SPORTS
HALLS OR UNDER THE
COLA. APPROPRIATE
FOR K - 12.**

WHAT WE PROVIDE

- Wireless headphones
- A fun 60 minute session
- A student friendly, licensed, sing along playlist
- WWC check, public liability insurance and risk assessments

PRICING STRUCTURE

100 to 350 students = \$1000 + GST
351 to 500 students = \$1250 + GST
501 or more students = \$1500 + GST