Program Proposal: Aqua Trampoline

# Program Summary

Aqua Trampoline is a high-energy, low-impact water workout using individual aquatic trampolines. Participants bounce, jump, jog, and squat to the rhythm of the music while engaging their core, legs, and cardiovascular system. The buoyancy and resistance of the water reduce stress on joints while enhancing balance, coordination, and fun.

# Program Objectives

- Offer a dynamic and playful aquatic cardio class  
- Promote cardiovascular health and joint-safe movement  
- Attract fitness enthusiasts seeking a unique water workout  
- Expand group fitness offerings to underserved demographics

# Target Audience

Teens and adults (ages 14–65) looking for high-energy workouts with minimal joint impact. Also ideal for those seeking variety in their fitness routine or recovery-friendly cardio options.

# Class Format & Equipment

Class Length: 45 minutes  
- Warm-up & shallow water jogging  
- Bouncing, squat jumps, lateral movements  
- Core and balance drills  
- Stretch and cooldown  
  
Equipment:  
- 6–10 Aquatic Trampolines (e.g., AquaJumps or WaterFlex): $250–$350 each  
- Music system with waterproof speakers  
- Pool shoes (optional, but recommended)

# Staffing & Certification Requirements

- 1 Instructor (aquatic fitness or group cardio certified)  
- 1 Lifeguard (on duty; instructor may be dual-certified if permitted)

# Startup Costs (Estimated)

- 8 Aquatic Trampolines: $2,000–$2,800  
- Instructor training or workshop: $200–$400  
- Music system: $150–$300  
- Marketing: $100  
- Total: $2,450–$3,600

# Ongoing Operating Costs (Per Class)

- Instructor Pay: $45–$60  
- Lifeguard Pay: $20–$25  
- Admin/Facility Overhead: $10–$15  
- Total: $75–$100 per class

# Schedule Recommendations

- Tuesday/Thursday @ 6:30 PM  
- Saturday @ 10:00 AM  
- Run in 6–8 week sessions to manage demand and trampoline rotation

# Evaluation Metrics

- Weekly class attendance  
- Waitlist interest and registration metrics  
- Participant surveys (energy, fun, effectiveness)  
- Instructor performance tracking