

Birthday Party Information

Before Your Party:

On the Thursday before your party call the office and confirm the number of guests (including the party child) attending.

Have parents of your guests read and sign the waiver.

When You Arrive:

1. Check in with our Birthday Party Staff

You will have access to your party room 15 minutes prior to your scheduled party start time.

2. Ensure all your guests have signed the waiver

During Your Party:

Parents are welcome to watch the gym time from the lobby or upstairs lounge area. A group photo can be taken by a parent at the end of the gym time. One of the party coaches will let you know when it's time for the group picture.

After Your Party:

Please make sure you have cleaned up your party room and collected all of your belongings.

Our party staff will do a secondary clean after all your guests have left.

Birthday Party Guidelines

1. All Participants must be 4-12 Years Old

A younger sibling (1.5-3years) of the birthday child may attend however a parent (or sibling 16+ years) MUST assist the younger sibling in following coach directions

2. All Participants Must Have Bare Feet

This is for safety so no one slips during the activities

3. Photos can not be taken throughout the In-Gym Time

A group photo can be taken at the end in a location provided by the Party Coaches

4. A Parent or Guardian of the Birthday Child must be in the facility at all times

We recommend that you know contact information for all your guests as you will be the point of contact in case of injury or emergency

5. All Participants must remain with the group throughout the In Gym Time

Party Coaches will provide structured in gym activities that will include both games and gymnastic skills

6. Have a Question? ASK US!

Our Party Coaches are more than happy to answer any questions you may have. If you have any questions on concerns please let us know.

Birthday Party Overview

IN-GYM TIME!

(1 Hour – First Hour of Party Time)

During in-gym time participants will have the opportunity to partake in a variety of gymnastics circuits and games.

Photos are not permitted throughout this time for privacy reasons. One group photo is permitted at the end of the In Gym time in a designated location as indicated by Party Coaches.

PARTY ROOM TIME!

(1 Hour – Second Hour of Party Time)

This is your time to shine Party Parents! Party Coaches will have participants wash their hands after finishing in the gym, then send them to the party room. During this time you are welcome to facilitate your own activities including food, gift opening and other games within your designated room.

Please ensure all activities are cleaned up by the end of your party time.

