

## Birthday Party Information Sheet

Thank you for choosing Adrenaline Gymnastics to host your child's birthday party. Our staff looks forward to making this a memorable experience for you, your child and their guests. Adrenaline Gymnastics will run the activities in our gymnastics facility and set up the party room for you.

When you arrive at Adrenaline for the party, you may have the party room to set up or finish anything that you would like for the party. When your guests arrive, the children can put their outdoor clothes in the change room in a cubby. Any presents can be placed in the party room.

Other parents of the child's guests may sit in the lobby and watch the children participate in the activities. The parent hosting the birthday party may come in and take pictures, but are not allowed to go on any equipment in the gym. As we also have other athletes in the gym during birthday party times, we ask you to make sure that you are taking pictures specifically of birthday party guests and not other athletes or coaches in the gym.

The birthday party will start off by doing a light warm up or warm up game instructed by the coach. The coach will go over a few basic rules of the gym before starting games or playing on equipment. Children must participate in the warm up to ensure that their muscles are properly warmed up prior to starting equipment.

After warm up is completed, the party will move through the gym doing various activities. Adrenaline Gymnastics has a lot to offer in our facility! We have an entire floor space that can be used for active games, bars and beams. During the birthday party ALL of the children will bounce and play on our Olympic sized trampolines and tumble track! Also, children can swing like Tarzan and land in our large foam pit!

After 1 hour of games and activities in the gym, the children will move into the birthday party room to enjoy 45 minutes of food and snacks. This portion of the party is only supervised by the host parent of the birthday child.

CONTACT US TODAY:

ADRENALINE  
GYMNASTICS AND  
TRAINING CENTRE

177 ZENWAY BLVD.

UNIT 3

WOODBIDGE, ONT.

(905) 850-8606

E-MAIL:

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FLIP  
TWIRL  
TUMBLE  
AND PLAY

Gymnastic Party



adrenaline  
GYMNASTICS & TRAINING CENTRE

Adrenaline Gymnastics Birthday Party  
Enrollment Form

Child's Name: \_\_\_\_\_

Actual Birthdate: \_\_\_\_\_

Age Turning: \_\_\_\_\_

Date and Time of Birthday  
Party: \_\_\_\_\_

Parent's  
Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Age of Children (guests) attending  
party: \_\_\_\_\_

# of Children attending  
party: \_\_\_\_\_

Please check which Party Option you would  
like:

Option 1

Option 2

\_\_\_\_\_ \$175 (12 Kids) \_\_\_\_\_ \$199 (12 Kids)

\_\_\_\_\_ @\$5.00 \_\_\_\_\_ @\$7.00

(MAXIMUM OF 20 CHILDREN)

\* Please know that we cannot refund any amount on the day of party if guest(s) do not attend.

All parties include 1 hour in the gym with a certified coach, and 45 minutes in the party room for up to 12 children.

**Additional Costs:**

+ .....\$5.00 / child  
option 1

+ .....\$7.00 / child  
option 2

+ .....\$50.00 / extra ½  
hour in gym or party  
room.

+ Loot bags available  
upon request

## Option 1

You need to bring:

- + Candles
- + Plates
- + Napkins
- + Utensils
- + Cups
- + Any refreshments, pizza, drinks, food, cake etc.....



## Option 2

We Provide:

- + Candles
- + Utensils
- + Napkins
- + Plates
- + Cups
- + Personalized Invitations
- + Adrenaline Souvenir



You need to bring:

- + Any refreshments, pizza, drinks, food, cake etc.....